BISCUIT AND GINGERBREAD BAKERS' ASSISTANT

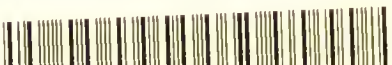
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THE COMPLETE

BISCUIT AND GINGERBREAD

BAKER'S ASSISTANT:

Practical Directions

FOR MAKING

ALL KINDS OF PLAIN AND FANCY BISCUITS.

BUNS, CAKES, DROPS,

MUFFINS, CRUMPETS, GINGERBREAD, SPICE NUTS, ETC.

ADAPTED

FOR THE TRADE OR FOR PRIVATE FAMILIES.

THE ONLY WORK EXCLUSIVELY ON THIS SUBJECT.

Third Edition,

CORRECTED AND MUCH ENLARGED, WITH ALL THE MODERN IMPROVEMENTS.

By GEORGE READ,

Author of "The Confectioner," "The Confectioner's & Pastry-Cook's Guide," "The Practical Baker," "The Prize Essay on the Condition of the Bakers of London," &c.

LONDON:

DEAN AND SON, 31, LUDGATE HILL.

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1855.

WILLIAM HENRY COX,
5, Great Queen Street, Lincoln's Inn Fields.



PREFACE

TO THE IMPROVED EDITION.

The flattering reception this work has already received, induces me to prepare an enlarged and, in every way, an improved edition. The first appeared so long ago as the close of the year 1843, and has not since been revised, although great changes have taken place in the business, almost every year leading to some improvement; so that the old process of Biscuit Baking has, in some measure, become obsolete.

Many new sorts of biscuits have been introduced, and some of these, the author is proud to say, through suggestions the makers have received from this book; he has also added a few to the number, which have been much approved by the public. All of them that are worthy of notice, will be found described in their respective sections.

The Trade of a Biscuit Baker, as at present understood, is of comparatively modern origin, and, to use a common expression, it did not exist as such "within the memory of the oldest inhabitant." The Biscuit Bakers' shops of the present day in London are superior, in many respects, to the Confectioners' shops of old; it was then only Confectioners who made anything like our modern biscuits, but even those were much inferior in workmanship, and in some respects also quality, to the present ones.

The sale of biscuits, instead of being confined, as heretofore, to the manufacturers, is now extended to almost every grocer in England, Ireland, and Scotland, and in many cases also to oilmen, Italian warehousemen, and greengroocers or fruiterers; but these last have not yet entered so largely into the business as the grocers.

Large manufactories, fitted with machinery, to a great extent, have been established exclusively for their manufacture, and to supply grocers and others, who sell them at a very small profit. The proprietors of these manufactories have, by their competition one with another, so reduced the prices, and consequently the profits, that for persons in a small way of business it is scarcely worth their following. These large manufacturers, by the aid of machinery worked by steam power, and improved ovens, are enabled to produce above a hundredfold more biscuits with the same amount of manual labour as those employing hand labour only.

The biscuits made by machinery are superior in appearance

and workmanship to those made by hand. The surface of the machine-made biscuits is exceedingly smooth and well finished; they are also of a more even thickness and regular form; great care is also taken that no soiled or damaged biscuits are sent out with those packed for sale, so that they always appear to the best advantage when the boxes are opened for use.

The use of machinery for these purposes is every year becoming more extended; the adoption by the Trade universally of machinery, in a simple and comparatively inexpensive form, would materially aid them in competing with the large manufacturers, both in quality and price. Some suggestions on this point will be found in the body of the work.

The bakers will always have the advantage of supplying the public daily with fresh biscuits, one of the principal qualities they always require from them, but which cannot be accomplished by the large wholesale manufacturer, who is obliged to have hundredweights or even tons of biscuit on hand to supply his customers, some of which it is more than probable have been manufactured a month before they are delivered to the grocer, and he, in most cases, will keep them another month before he disposes of them.

The improvements and additions now made (everything useful to the Trade having been given) will, I hope, merit that warm approbation and support the former editions have. Indeed, the great demand by the Trade the short time the work has been out of print, especially by those emigrating to Australia and other British Colonies, shows the high estimation in which it is held by them.

The diligent reader of this volume will gain more in a short time of the practice and theory of the art than some masters could possibly have taught them during a term usual for apprentices, and I have only to hope that my endeavours to be useful to the Trade will be as successful as my ambition leads me to desire.

In conclusion, I may remark, with an old writer on cookery, on the prejudices that a few workmen still have against this work: "As for those who make it their business to hide their candle under a bushel, to do only good to themselves, and not to others, such as will curse me for revealing the secrets of this art, I value the discharge of my own conscience in doing good above all their malice."

G. READ.

College of Domestic Economy,
54, Devonshire Street, Portland Place, New Road.
October, 1854.

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DESCRIPTION OF THE PLATES.

PLATE I.—BISCUIT ROLLERS, WITH AN EXTRA ROLLER (FLUTED) ATTACHED FOR BRAKING THE DOUGH.

AA, Frame of the Machine.

BB, The Rollers, driven by

C, The Gearing.

D, Windlass and Shaft on which are the Fly-wheel and Pinion for the Driving Rollers.

EE, Shaft, Screws, and Bevil Gearing for adjusting top rollers.

F, Board on which the dough is placed.

G, The Front Board, down which the dough is delivered to the rollers.

H, The Fluted Roller, between which and the top plain roller, B, the dough is braked.

I, The Board on which the dough is placed to be braked.

PLATE II.—BISCUIT ROLLERS.

The letters A, B, C, D, E, F, and G, refer to the same parts as in Plate I.

PLATE III.—BISCUIT FORCER, FOR MAKING QUEEN'S, ROUT, AFRICAN, OR DIETETIC BISCUITS, &c.

A, The Plate or Stand.

B, The Cylinder, made of copper.

CC, Clips for holding down the Cylinder, which is taken out to be refilled.

D, The Screw, with Plunger for forcing out the dough.

E, Clip through which the Screw works, and which opens to allow the screw to be drawn back.

The above Machines are Manufactured by

MESSRS. EABORN AND ROBINSON,

CLEMENT STREET, BIRMINGHAM.

PLATE I.

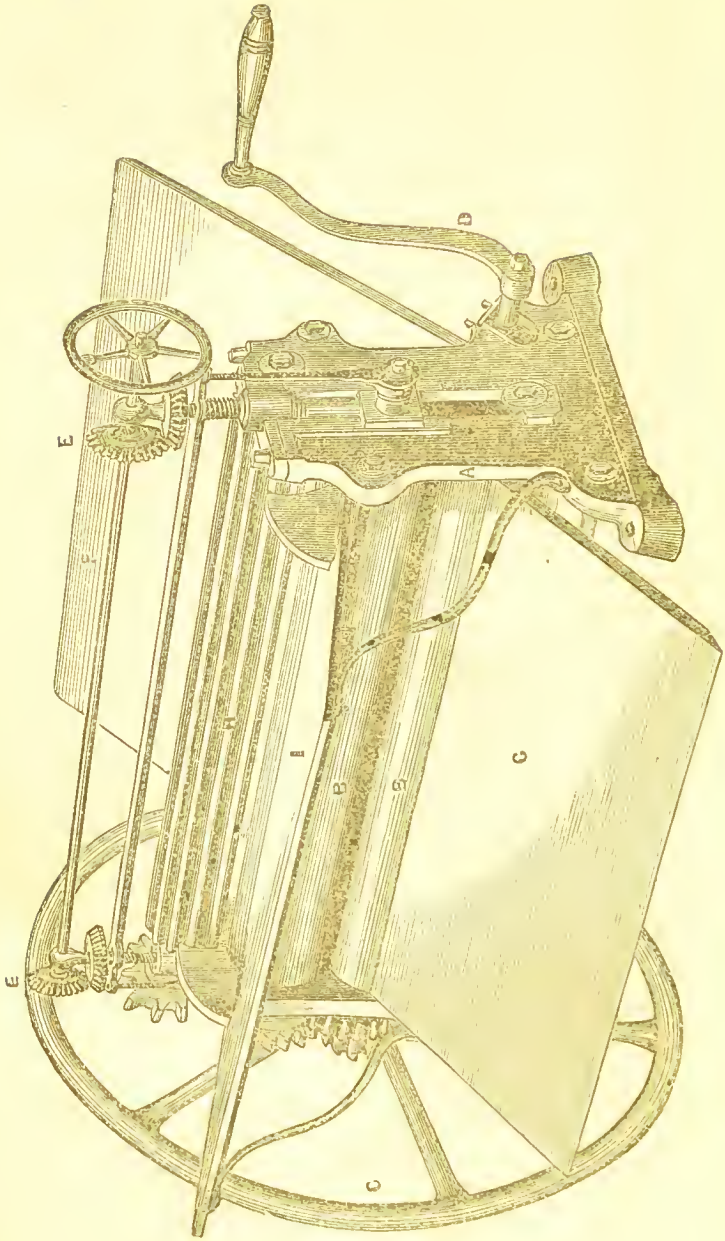


PLATE II.

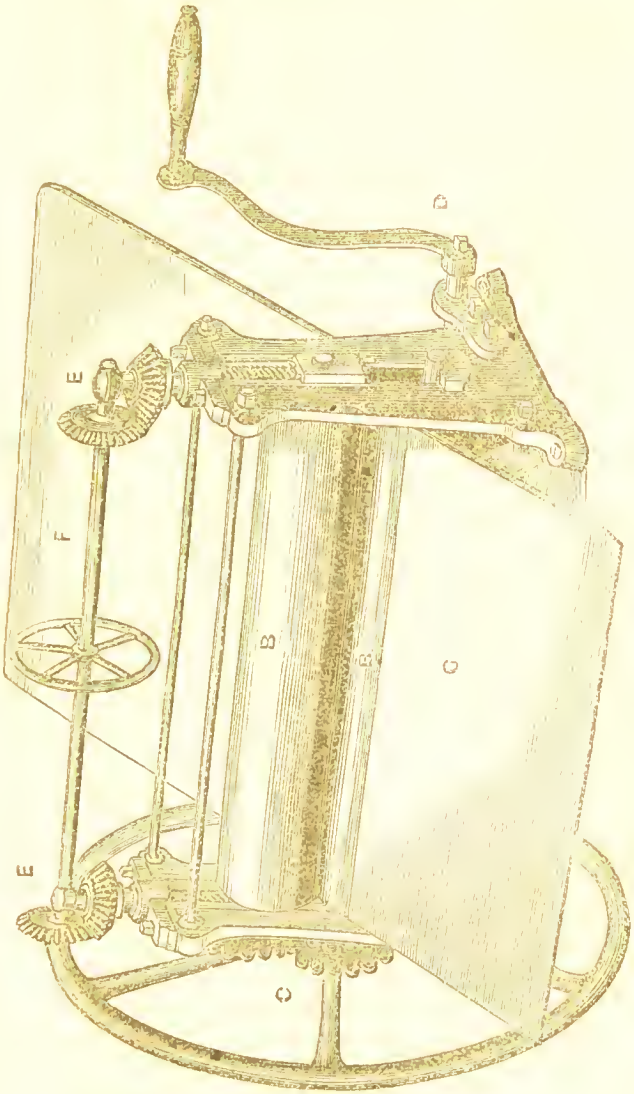
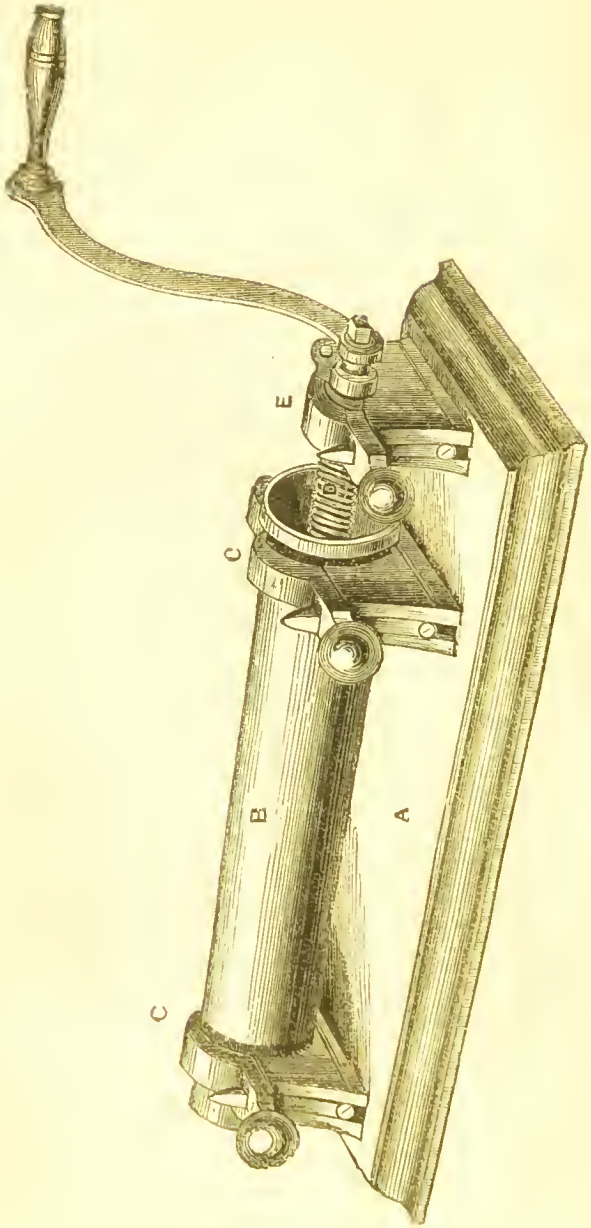


PLATE III.



THE

BISCUIT AND GINGERBREAD BAKER'S ASSISTANT.

SECTION I.—HARD BISCUITS.

GENERAL RULES.

In making the dough for hard biscuits, it should be kept in a loose and crumbly state until the whole is of an equal consistence; then rub, work, or press it together with your hands, until the whole is collected or formed into a mass.

When there are several sorts of biscuits to be made at one time, the doughs should be all mixed up at first, and put into glazed, earthen, or tin pans, and covered with clean wet cloths to prevent the air drying them; each of these should then be half baked in rotation, and laid aside on the board, keeping them covered with the damp cloths. This system will accelerate labour by allowing them time to clear themselves and become mellow; when the last is done in this way, the first may be taken and finished off.

In braking these biscuit-doughs, let each be braked out as thin as possible before they are folded up; it is unnecessary to give the dough more than two or three folds each time before you brake it out again, as folding it up too often, and giving it too many folds before the piece is got out thin, causes it to be

tough, when it will shrink or draw up, and not retain the print or impression of the docker; neither does it accelerate your work, but adds to the labour, and spoils the appearance of the biscuits, especially small fancy ones, or those which contain sugar or are mixed with milk, or when both are combined. Some persons object to the use of milk in the making of biscuits, and allege that it does not make any improvement in them. In this they are mistaken; those made with it have a decided advantage over the others for quality and *flavour*, although they require more care to be taken in the working of them. Some consider that this deficiency in the quality may be made up by the addition of a little more butter; in part it certainly will, but I cannot conform to the opinion that it will entirely do so.

It is a proverbial saying amongst the trade "that dough which is well mixed is half braked; and if well braked, it is half moulded;" thus signifying that each of these operations, being properly done, lessens the labour of the others. In all cases the braking of the dough should be continued until it appears quite smooth, and when cut with a sharp knife it should exhibit a clear and compact surface, without any degree of roughness; the ends should not appear cracked or broken, unless the dough is very hard, when it will be unavoidable.

In making biscuits, particular care should be taken to keep the board clean, and free from flour, or the faces of the biscuits will appear dull and spotted, except with thin captains', when it will be necessary to use a little, or, in preference, a few cones, in rolling them out.

There is a prevailing opinion that very hard doughs make better biscuits than those of a moderate consistence; this is in no wise borne out by experience, for those which are made from hard doughs cause a considerable deal of unnecessary labour, and show a

bad appearance of cracked edges; neither do they spring so well in the oven—that is, they are not so light, although they are to be preferred before those that are made soft, especially if the oven is not of a good heat. In this case, the biscuits will have a poor appearance, the edges being flat instead of raised, and, on the whole, they will exhibit an inferior quality. The dough mixed for biscuits to be made by machinery, should be made of a firmer consistence than that to be made by hand. The quantities I have set down under each head are the proper proportions, and must be strictly observed; that is, if I may be allowed to make the exceptions of inferior or weak flour, it will be necessary to add a little more; or, if it is rather strong—that is, if it absorbs more water than usual—the dough should be sprinkled with a little more water, so as to bring it to a proper consistence before it is mixed and pressed together; or, during the operation of braking, the surface should be moistened with a brush dipped in clean cold water, before it is folded up, after being braked out thin; but in these cases, experience alone must be your guide, as it is almost impossible to give fixed rules to meet the various qualities and strength of flour which may be brought to the market; much depends on the state of the season in which the corn is produced, the land it was grown on, its manufacture by the miller, and its age. Flour, after it is manufactured two or three months, will absorb more water than when brought fresh from the mill.

OBSERVATIONS ON MACHINERY FOR THE MANUFACTURE OF BISCUITS.

When this work was first published, there was no machinery in use for the manufacture of biscuits, except that in operation at the Government Bakeries, for supplying ship biscuits to the navy, and also the

machine then described for "Machine Biscuits," being a kind of stamp or press for cutting a sheet of dough into different-shaped biscuits at once. This machine had been at that period but just introduced by Mr. Matthews, of Lant-street, Borough. Since then, there have been several machines invented for making biscuits, as well as improvements in them.

The following extract from a Liverpool paper, descriptive of some new machinery lately fitted up there, will give a good idea of this progress :—

"If our forefathers had been told that before they had long been in their graves a machine would be invented by which flour and water could be mixed together at one end, and brought out at the other ready baked biscuits, they would have doubted the sanity of the person addressing them. Yet, strange as it may seem, this is a task now all but accomplished, and in operation every working-day at the extensive ship-bakery of Mr. Thomas Harrison, Mersey-street, late of Wapping. Various machines are now used for the baking of ship and other biscuits; but the one patented by Mr. Harrison differs from those hitherto in use, in size, in utility, and in adaptation for the firing of the bread, of the hot-hair principle, now the property of the Patent Desiccating Company. The flour and water in proper proportions are placed in a cylinder, and the first operation of thoroughly mixing is performed by arms inside. On leaving the cylinder, the dough is kneaded by means of a large iron cylinder (termed braking rollers), under which it is passed several times. The required thickness is attained on passing beneath a smaller cylinder. The dough, spread like a large sheet, passes along an endless cloth, the machinery moving at each stroke the precise width of a biscuit. As the dough passes along, by the rising and falling of a nicely adjusted piece of mechanism, the biscuits are cut into shape and receive the stamp of the patentee. The biscuits

are not circular, but have six sides, and, therefore, there is not, in cutting out, any waste of dough, except a small portion at each end. Passing along the endless cloth, the biscuits are conducted to the mouth of the oven, where they are received on what may be called, for familiar illustration, an endless gridiron, which, as the machine moves, draws in the biscuits in a few seconds. Each oven is $4\frac{1}{2}$ feet in width, and $26\frac{1}{3}$ feet in length. There are four ovens, one above another, and all fed from the same furnace with hot water. The mixing of the flour and water occupies about twelve minutes, the kneading five or six, and the firing half an hour. As each oven contains 650 biscuits, and may be filled within a few minutes of each other, there it no difficulty in producing from flour and water no fewer than 2,600 biscuits in an hour, or nearly a ton of ship biscuits every two hours. The biscuits, too, are of excellent quality—beautifully crisp and sweet. It is difficult to convey to the reader a correct idea of the operation of so ingenious and useful a piece of machinery."

The same kind of machinery as that just described is used for other biscuits, such as pie nics, luncheon biscuits, &c.; only, the cutters for these are of the shape and size required, and the machine is regulated that only so much of the sheet of dough, of rather more than the width of the biscuits, is brought under the cutters at each stroke. After being cut, the strips or "scraps" between are dextrously pulled off by a lad, and the biscuits are left in rows, which, by a very simple contrivance, are delivered by the endless canvas unto tins, held by a man to receive them, ready for baking.

So great has been the progress of machinery in this respect, that "SOFT BISCUITS," which, but a short time since, were considered by the trade impossible to be manufactured by it, are now as easily made as others,

and, after being cut into biscuits, are laid by the same machine on tins ready for baking.

A simple machine for making York or Jamaica biscuits, or any square cake, such as "halfpenny lumps" of gingerbread, and is of a similar construction to that used for acid drops and other sweets; the top roller should be carved or cast with impressions suited to the kind of biscuit to be made; the bottom one may be either plain or grooved like a crimping block, or in any other way fancy may devise. The dough being prepared in the usual way, and the rollers set at the desired distance apart, a long thick strip or roll of the dough is passed between the rollers; it is to be next divided into biscuits with a knife, placed on tins in the ordinary way, and baked.

In a similar way walnuts, filberts, and biscuits of that kind are made, instead of being cut out of blocks.

In smaller establishments than that before described, where a mixing machine is not required, the dough is mixed up in the common way: the principle machines then required, are the one for braking, with a pair of rollers also for "sheeting" the dough to any required thickness, and a stamping or cutting machine to "cut out" the biscuits to the desired shape and form.

In the most improved machines of any pretension the two are combined. and the dough, after being well braked by the "braking rollers," is cut into pieces of convenient size, placed on the next machine, which rolls it to the desired thickness, and it then falls on an endless canvas, to be carried under the cutters; a cloth bag filled with flour should be held or suspended next to the cylinders, to slightly dust the dough with, before it passes under the cutters, to prevent its adhering or sticking to them.

A machine of this kind will keep five or six expert boys hard at work, "plating the biscuits off."

For bakers in the ordinary way of business, rol-

lers such as those represented in the annexed plates will serve for the purpose of both braking the dough, and rolling it afterwards to the desired thickness. The rollers (Plates I. and II.) manufactured by Messrs. Eaborn and Robinson, Clement-street, Birmingham, are first-rate machines.

I have found an old sugar mill with the "rakers" taken out, make a most excellent braking machine.

Mr. George Frean, of Plymouth, a large government contractor, informs me, that he found an old snuff mill to be a most excellent mixing machine for any kind of biscuit dough, and that it required but little braking afterwards.

THE MODE OF BRAKING DOUGH BY MACHINERY does not differ much from the ordinary way: a pair of iron rollers or cylinders is fixed in a parallel, or oblique position at an inclination of about sixty degrees; the dough after being well mixed (according to the ordinary mode and the instructions at page 5), should be taken in pieces to suit the size of the rollers, which ought to be about half an inch apart, and be passed several times through them, until it is "got together." Each piece should be then laid on one side, and be covered with a damp cloth until the whole is done. The piece first began should be next proceeded with, giving it three or four turns, folding the ends over into the centre each turn, or doubling it. Continue in this way until the whole is done, keeping them well covered with a damp cloth, and the dough is braked quite fine. If the pieces of dough are not allowed to remain after having a few turns each, especially at first, the surface will crack, and little progress be made.

Suitable braking and rolling machines for persons in a small way of business may also be obtained of the Author, from £3 3*s.* upwards; particulars of which may be had of Mr. White, mill-maker, 266, High Holborn, London.

Ship Biscuits.—These are evidently the first, or principal, from which have sprung all the varieties of hard biscuits which we at present possess. They are of the same nature as those which were first produced by man in his progress towards civilization. They used to bake or roast them on hot embers; before this, they knew of no other use for their meal than to make it into a kind of porridge. Such was the food of the Roman soldiers for centuries. Its name is derived from the Latin word *bis—twice*, and from the French *cuit—coctus*, which is twice baked or cooked.

The Greeks called it bread put twice to the fire. The Romans gave it the name of *panis nauticus* or *capta*. Pliny denominates it *vetus aut nauticus panis tusus atque iterum coctus*. By which it appears that, after the first baking they ground or pounded it down again, for a second time. They also had a kind of land biscuit for the camp service, called *bucellatum*, sometimes *expeditionalis annona*, which was baked much, both to make it lighter for carriage and less liable to corrupt, the coction being continued till the bread was reduced one fourth of its weight.

Some of the technical terms employed by the trade are expressive of the manipulations used in the manufacture of this kind of bread; for instance, we use the term "driving out biscuits" instead of rolling; the former being done with the heel of the hands or by the ball of the thumbs, whereby four biscuits are "driven" or pressed out at one time; and the latter, by a rolling-pin being passed over the surface of each separately.

These biscuits are composed of flour and water only; but I have found that the addition of a small portion of yeast makes a great improvement in them. I do not add so much as would make them so light as bread, but just sufficient to make them rise a little in the oven. The quantity necessary will depend on

the nature and quality of the yeast used. The method I have practised in doing this was to make a small weak sponge, as for bread, previous to making the dough; the necessary quantity of water is then added. Those which I made in this way have always been preferred to the common sort by the masters and crews of vessels who have tried them, as they keep equally as well if they are thoroughly baked and dried. They eat and soak better, and are more digestive than those made in the ordinary manner. The common ship biscuit is too hard for some teeth, and in this case it may be softened by toasting. But rusk is better, for, being made of good fermented bread, sliced and baked a second time, the pieces imbibe the water easily, soften immediately, and digest most kindly, and are therefore more wholesome than the unfermented biscuit. "Rusk," says Dr. Franklin, "is the true original biscuit, so prepared to keep for sea, being twice baked, as its name imports."

The flour used for the common sort of these biscuits is known as middlings, or fine sharps; and those made from the finer, or best and seconds flour, are denominated *captains'* or cabin biscuits. In Her Majesty's Victualling Offices, the whole of the flour of the wheat is used; the coarse bran and pollard being taken out; inferior wheats are highly dried before they are ground for this purpose.

In the manufacture of these the men usually work in gangs of four in number; viz., the furner, the driver, the brakeman, and the idleman, or parting boy; but in the Government Bakehouses there is added to these the furner's mate; this extra hand is on account of the suits or batches being larger than is usual in private establishments, being from 100 to 112 lbs. each suit or batch, and in private establishments about 2 qrs. 18 lbs., or 64 lbs.

The driver first mixes the flour into a rough dough

in the trough with water. As soon as this is done, the brakeman proceeds to get it into a compact body on the brake;* this is a strong wooden table about as high as the knees, which is firmly fixed or fastened in or to the wall. In the centre, near the back, is a round hole, through which is placed a bolt, having an eye in the top, or what is termed by smiths a double-forked standard, and fastened underneath with a nut or screw; in this eye or collar rests the end of a long lever, which is fixed to it with a hook or by a bolt passing through the end of the lever and eye, and secured with a pin to prevent its coming out; this works as it were on a pivot, and with it the brakeman produces a chopping motion, by sitting on the end of the lever or brakestaff, when he raises himself up and again presses down on it with his whole weight, moving over the surface of the dough from end to end. When it is braked out thin the ends of the dough are folded over into the centre, or the piece is rolled up, and the same operation is continued until it is finished.

The furner then divides or breaks it into pieces of the required size, with his hands, that, when baked, five or six biscuits will weigh a pound; they are then moulded into round balls, one under each hand, and placed in pairs; when a certain portion is ready, the faces are dusted with flour and put together; the driver then flattens or "drives" out two biscuits under each hand, the brakeman also drives his portion, when they are all moulded; these are subsequently docked by the brakeman, separated by the idleman, and placed in the oven by the furner. The largest biscuits are always put round the head of the oven, reserving the smallest for the mouth. If it is

* I was in some doubt at first whether this should be Break or Brake, it being termed "break" by the trade; but on reference to Bailey's Dictionary I find it is "brake, a baker's kneading-trough."

a coal oven, after the door has been shut about five minutes those biscuits which are near the fire-place are removed to the mouth, and those which were at the mouth are put in their place; by this arrangement they are all evenly baked; otherwise those at the mouth would be underdone, and the others burnt. They will take from ten minutes to a quarter of an hour to bake, after they are all in and the oven closed. They are then taken out with a long wooden rake and carried to a room over the top of the oven, termed the drying room, where they remain until the whole of the moisture is evaporated, and are finally packed in bags of 112 lbs. each, or in dry casks, and kept free from damp. The oven is fresh heated for every suit.

A sack of flour loses by baking and drying 28 lbs., so that 280 lbs. produce only 252 lbs. of biscuits.

An old practice of setting a suit of biscuits, called "chuck and shove," was at one time much in vogue, but is now nearly extinct; by this method the idleman separates the biscuits, and places them singly on a small board underneath the mouth of the oven, where the furner, with great dexterity, with his left hand, pitches them one at a time on to the peel, which is drawn back a little distance in the oven, with his right hand, to receive it, and push it into its place; this is done with so much ease and despatch that an experienced man will place from seventy to one hundred biscuits regularly and evenly over the bottom of the oven in the short space of a minute. The system which is now mostly followed is, for the idleman to separate the biscuits after they are docked and placed near him by the brakeman, and pitch two on the peel at a time as it is brought to the mouth of the oven by the furner, to receive them, and push them in place. In Her Majesty's Victualling Offices the idleman separates and hands them to the furner's mate, who places or pitches them on the peel.

The practice of making these biscuits by hand is almost wholly superseded by machinery.

Captains' Biscuits.—7 lbs. of fine flour, 4, 6, or 8 oz. of butter, 1 quart of cold water or milk.

Rub the butter in with the flour until it is divided or crumbled into very small pieces; make a bay in the centre of the flour, pour in the water or milk, make it into a dough, and brake it according to the instructions given under the head of General Rules; let the dough be brought into a square and compact body about $2\frac{1}{2}$ or 3 inches in thickness; cut it into five or more strips, and weigh them 2 lbs., or 2 lbs. 2 ozs. each; these are again broke out with the hands, or divided into ten or eleven pieces. They should then be put into a pan, or laid on the board in a heap, covered with a damp cloth. Afterwards mould, and put them together in pairs, or lay them in a heap on the board, covering them with the damp cloth as they are done. Next, they are to be "drove" or rolled out, with a rolling-pin about 5 inches in diameter, when they are thrown aside, laid in rows on the board or a sack, and docked with a docker. This is a round piece of wood, also rounded on the top to suit the hollow of the hand, and flat underneath, where several strong wires are inserted. These are pointed at the ends, by which means the biscuit is pierced with holes. The faces of two biscuits are now to be put together and docked, once on each side; some dock them once on one side, and twice on the other.

This custom of facing the biscuits, and docking them on the back, is now almost abolished, particularly in most of the respectable shops in town, and they are docked only once on the surface, which is an excellent improvement. It renders the biscuit more light and crisp than it was on the old system; for the more it is pierced with holes, so are the parts more separated or detached, that the

body cannot raise itself so completely as when more united. The only service which docking them does, is to facilitate the escape of the steam engendered during the process of baking, by the evaporation of the water used to make the flour into a dough; otherwise the surface of each biscuit would be covered with a large blister, which would be easily broken, and its appearance spoiled. This may be exemplified by the small blisters which appear between the holes. These remarks are applicable to all sorts of biscuits.

Bake them in a moderately quick heat, of a nice brown colour; but they should be full three parts done before they are taken from the oven, or it will be found that they will crack in pieces when dried, more especially if the heat of the drying oven should be rather "strong;" the same effect will take place if they remain in the drying room too long; and if baked less than this, they will become heavy, and eat hard and "flinty." When they are taken from the oven they should be put at once into the drying stove or oven, and if there is no aperture on the top of the door to admit the escape of any steam which may arise, the door itself should be left a little open, otherwise they will become soft instead of crisp.

Note.—A small bit of German yeast, about as big as a nutmeg, to each quart mixture, will much improve their quality for eating. An ounce or two of loaf sugar to the same quantity will also improve them.

Thick Captains'.—Prepare a mixture as for the last, and proceed to finish them in the same manner, with the exception of rolling and docking them. These are rolled about 3 inches or 3½ inches in diameter, and the biscuits are only docked partly through, that when baked they may be hollow, so as to be easily separated in two pieces to admit of their being buttered; these require considerably more drying than the others. Some persons dock

them quite through, instead of half-way; but then they cannot be separated or divided in halves when baked.

Thin Captains'.—4 lbs. of flour, 1 pint of water, full measure, 1 oz. of butter.

Mix and prepare the dough as for the preceding ones, brake it well, and break sixteen or eighteen biscuits out of 8 oz. of dough, "drive" them very thin, and bake them in a *hot oven;* these require to be baked immediately after the oven is well heated and "scuffled" out; two or three minutes will bake them. If they are required very small and thin, as is frequently the case, the dough should be rolled out into a sheet, about half an inch thick, and cut out into small pieces with an eight cake cutter, which is a plain round cutter an inch and a half, or rather more, in diameter; this serves equally as well as moulding them, which many persons cannot accomplish when they are so very small; neither will they repay for the trouble and labour required, if moulded. These may be faced and docked once on each side.

Passover Cakes, or the Unleavened Bread of the Jews.—The whole of the biscuits in this section are, in fact, unleavened bread.

Mix and prepare your dough as for thin captains', with the exception of using butter, to which the Jews have a great objection; they substitute in its stead, for their pastry and other articles, beef marrow and suet, about equal portions, which are finely shred and pounded together. Weigh the dough in pieces about 3 oz. each, mould and "drive" them very thin to the necessary size, when they will be about 10 inches in diameter; dock them over the surface, and bake them in a very hot oven. The Jews usually employ a small polished iron rolling-pin to roll them out with, which they use with very great dexterity.

Abernethy Biscuits.—These are made, at present,

very different from the original receipt of the person whose name they bear. It is reported that he had them made for the use of some of his patients, to whom he recommended them, and that they were composed as follows :—

1 quart of milk, 6 eggs, 8 oz. of sugar, ½ oz. of caraway seeds, with flour sufficient to make the whole of the required consistence.—They are now compounded almost as variously as the persons who make them; and I have known them to be made with the addition of ammonia, which is a general practice in the West of England. The following proportions are themost general :—

7½ lbs. or 8 lbs. of flour, 6 to 8 oz. of loaf sugar, 6 to 8 oz. of butter, ½ oz. of caraway seeds, 1 quart of water or milk.—A tradesman whom I know in the city uses the following proportions for them, and it makes a very good biscuit :—

7 lbs. of flour, 8 oz. of sugar, 8 oz. of butter, 4 eggs, 1½ pint of milk, 2 table-spoonfulls of orange-flower water, ½ oz. of seeds.

Proceed to mix and brake the dough as the others, weigh it off into 2 lb. pieces, and break 12 or 14 biscuits out of each, mould them, and partly or half roll out each biscuit on the board, and finish rolling or "driving" them on a crimping board; dock them once on the surface, and bake them in a moderately hot oven, or immediately after the captains' are baked, if the heat will admit of it.

Note.—The heat of an oven is not required so "strong" for those biscuits which contain sugar, as it causes them to take more colour in less time; neither do they require to be dried so much as the others.

American Biscuits.

In order to enable my readers to judge how the soda biscuits or crackers imported from America are

manufactured, I will give verbatim the following receipts as received from that country :—

Boston Crackers.—"Take 8 quarts of water and 2 quarts of yeast, strong ferment made as for buns; mix them together and make your sponge. When the sponge has fallen, add 16 quarts of water, with salt, and mix up to suit yourself. The dough must remain until it sours, and then be brought to with pearlash (sufficient to neutralize the acid formed in the dough), adding 14 lbs. of shortening. This is for 1 barrel of flour (196 lbs.). Judgment must be used as r gards the weather." The above named article is much noted in America. It is a thick biscuit, not quite so large as an English captains', and when properly made should be flaky like piecrust.

Soda Crackers.—These are made the same as the Boston crackers, except that the shortening and pearlash are put in over night, and 6 lbs. more shortening are added. In preparing them for the oven, they must go through the cylinders very thin, and be baked in a quick oven.

Note.—Two thirds butter and one third lard make the best shortening.

I must here remark that in some parts of America, in making soda biscuits or crackers, the sponge is set and allowed to get quite sour and rotten; some "saleratus" (carbonate of potash) is then added with the water for making the dough; a portion of the dough is then mixed with flour and the required quantity of shortening; next baked, and a piece of it tried by being baked; if not sufficiently light, and the acid neutralized (killed), more saleratus is added, and another portion of dough tried as before. Care is taken that too much saleratus (potash) is not added at first, so as to prevent the biscuits having that yellow tinge which is the case at all times when there is an excess of alkali used; the workmen prefer adding a second or third portion, until the piece of dough tried by

baking gives the desired result. The quantity of saleratus used with the piece of dough tried, determines the extra quantity to be added to the whole batch.

The experiments I have made with these biscuits, give about ½ oz. of carbonate of potash to each 7 lbs. of flour employed for making the dough, which should not be made of too hard a consistence; be braked very smooth; rolled thin; and baked in a hot oven as soon as they are "cut out."

Boston Lemon Crackers.—"5 lbs. of sugar, 3 quarts of water, 2½ lbs. of butter, ½ oz. essence of lemon, 2 oz. of ammonia; 26 lbs. of flour. To be made up dry."

This should be made into small round biscuits, rather larger than pic-nics, and in the same manner. Bake them in a sound oven. To my taste the quantity of essence of lemon is too much.

English Soda Biscuits.—To each cwt. of flour rub in 11 lbs. of lard; make into a stiff dough with buttermilk, in which 8 oz. of carbonate of soda have been previously dissolved. Let the dough be very smooth when finished in the braking rollers, and it should be made in pieces of a convenient size to pass the cutting machine, the rollers of which should be set at about an eighth of an inch apart. Bake them in a quick oven: in America they bake them on the bottom or sole of the oven, being set in immediately they pass through the machine. This preparation makes an excellent biscuit.

Soda Biscuits, No. 2.—14 lbs. of flour, 1¼ lb. of butter, ½ oz. of carbonate of soda, 3 drams of muriatic acid, 2 quarts of water or milk. Make as the last, adding the acid mixed with about half-a-pint of the water after the dough is shook up. Let the acid and water be poured over the dough, so as to spread it as much as possible; shake the whole well together again, and finish as the last.

Luncheon Biscuits are made with various proportions of butter or lard and flour (according to the price they are sold, or the competitive spirit raging in the market among the large manufacturers to obtain sales). Large quantities of them are sold by the grocers to the public; consequently they are a "leading article," and as they insure the introduction and sale of other goods the rival manufactures may have to offer, they are sold at a nominal profit.

From 4 to 6 or 8 oz. of lard or butter constitute the various proportions of either of those articles that are used to every 7 pounds of flour, carbonate of soda and muriatic acid being used to lighten them. They have been made by a few manufacturers without the acid, and have been then, from the yellow tinge given to them by the soda, vended to the public as "milk biscuits."

The following proportions make a *good luncheon biscuit*:—56 lbs. of flour, 3 lbs. of lard, 1½ oz. of salt, 4 oz. of carbonate of soda, 5 oz. of hydrochloric acid (specific gravity 1·17), 8 quarts of liquor, and 1 lb. of loaf sugar. With stale flour less acid should be used.

Rub the butter in with the flour in the usual way; dissolve the sugar and soda in part of the liquor, and mix the acid with a portion of the remainder; then make a bay with the flour, and pour in the liquor, in which the sugar and soda are dissolved; mix well with the flour, add the rest of the liquor and the acid, and shake the whole well together; make into a dough of good consistence; brake it very smooth; roll the dough to the eighth of an inch, not more; cut and dock them in the usual way, and bake in a hot oven. These were sold at 28*s*. per cwt. in 1851.

Another.—30 lbs. of flour, 1½ lb. butter, 1 oz. of carbonate of soda, 1 oz. of hydrochloric acid, and 4 quarts of liquor. Mix and brake well; pass between the cylinders about the eighth of an inch thick; cut

into round or oval biscuits. Bake on wire frames in a brisk oven, and dry well.

Superior Luncheon Biscuits.—56 lbs. of flour, 3½ lbs. of butter, 3½ lbs. of lard, 1¼ lb. of finely powdered loaf sugar, 4 quarts of milk, 4 quarts of water, 2 oz. of carbonate of soda, and 1½ oz. of hydrochloric acid; mix as the preceding. Let the dough be of a good consistence, and braked or rolled very clear. Set the rollers for these at three sixteenths of an inch; the cutters may be either round or oval. Bake them in a moderately quick oven, on very clean dry tins, as soon after they are cut as possible, and let them be of a delicate brown. They will take about twenty minutes baking. As soon as they are drawn put them in the drying stove, from one to two hours.

The last two receipts are those I compounded for the "Hot Water Oven Biscuit Company," during the time I had the management of that establishment. The last one was pronounced by the grocers to be the best biscuit then in the market. They were sold at 30*s.* per cwt., net.

The best heat I found for baking these and similar biscuits, by the hot water ovens, is 520° Fahrenheit.

Pic Nics.—These biscuits are composed of the same proportions of butter, sugar, and flour, as Yorks, the difference being, that these are lightened by the addition of carbonate of soda, with or without tartaric or muriatic acid. When first introduced they were made with 1¼ lb. of butter, and the same quantity, or 1 lb., of sugar, with ½ oz. of soda, and rather less than ½ oz. of acid, to each quart of milk employed to make the dough. But with a reduction in price came a reduction in the quality. The following proportions will be found to make a good biscuit:

30 lbs. of flour, 4 lbs. of butter, 4 lbs. of loaf sugar, 3 oz. of carbonate of soda, 2 oz. of muriatic acid, 4 quarts of milk. Occasionally, when the flour is rather weak, 32 lbs. of flour will be required; but the

dough should not be made of too hard a consistence.

28 lbs. of flour, 4 lbs. of loaf sugar, 3 lbs. of butter and lard, half of each, 12 oz. of arrowroot, 2 oz. of carbonate of soda, 2 quarts of butter milk, and 2 quarts of liquor.

Or use 4 lbs. of butter, and 3 lbs. of loaf sugar, to 32 lbs. of flour, with 2 oz. of carbonate of soda, and 1½ oz. of hydrochloric acid, and the same quantity of milk as before.

Common Pic Nic Biscuits.—28 lbs. of flour, 2 lbs. of lard, 2 lbs. of sugar, 2 oz. of carbonate of soda, 2 oz. of hydrochloric acid. A few seeds may occasionally be added.

Rub the butter and flour together until they are well mingled; the sugar may be dissolved in half of the milk or liquor. Otherwise, a bay should be made with the flour, and the sugar put in it in fine powder with the carbonate of soda, and about three parts of the milk or water. Mix into a dough, keeping it in as loose and crumbly a state as possible, then add the remainder of the milk or liquor, with the acid added to it, and pour well over the surface of the dough. Shake the whole well together again, and finish the dough in the usual way, observing to make it very clear and smooth in the braking. Set the cylinders or rollers at a bare eighth of an inch for the best kinds, and at full that distance for the common. Bake them in a moderately brisk oven, and let them be of of a nice brown. When baked, put them in the drying stove for a couple of hours.

By the hot-water ovens, I found 520° a good heat for the best kinds, and 530° Fahrenheit for the second quality.

Brown Digestive Biscuits.—Take equal parts of fine wheaten flour and meal, and mix them together. To 5 quarts of liquor, use 2½ lbs. of butter, and 2 oz. of German yeast.

Mix the whole into a dough as directed for

"butters" (page 34). When it has proved, make into biscuits as captains', and bake in a sound oven. They will bake well after captains' and Abernethy's.

If these are required of a browner quality, no fine flour should be used, and one-fifth of rye flour added.

Milk Biscuits.—As the last, using fine flour only, and milk instead of liquor to mix them with. These should not be dried after they are baked, unless for exportation.

Arrowroot Biscuits.—7½ lbs. of flour, 8 oz. of butter, 8 oz. of loaf sugar, 6 or 8 oz. of arrowroot, 3 large or 4 small eggs, and sufficient milk or liquor, with the eggs, to fill a quart.

Mix into a tight dough, adding more flour, if required, to make it so; brake it well, and let it lay a little during the process of braking, covered with a damp cloth, that it may get mellow, or it would be difficult to work. Make into biscuits as directed for Abernethies, and let them be cupped in the rolling. Bake in a moderately warm oven, and put them in the drying stove as soon as they are drawn.

Another.—5½ lbs. of flour, 8 oz. of butter, 6 oz. of sugar, 6 oz. of arrowroot, 3 eggs, 1 pint of liquor.

Small Arrowroot Biscuits.—4 lbs. of flour, 12 oz. of lump sugar, 10 oz. of arrowroot, and 3 eggs with sufficient milk to fill a pint.

Prepare as the last. Make 17 biscuits from 1 lb. of dough, mould and "pin" or roll them into round cakes nearly 3 inches in diameter, and dock them with an arrowroot docker; bake them in a sound oven. They are sold by some at a halfpenny each.

The same mixture is often used for making penny arrowroot biscuits.

Or the same "mixture" may be made into small biscuits, by rolling the dough in a sheet, cutting it into round cakes with a cutter, and docking them with a small arrowroot docker.

Edinburgh Biscuits.—4 lbs. of flour, 12 oz. of butter, 6 oz. of sugar, and 1 pint of milk or liquor. Make into dough in the usual way. Brake smooth and make 12 biscuits out of a pound of dough. roll thin, dock them, and bake in a brisk oven. These are sold at a halfpenny each.

American or Dollar Biscuits.—6 or 8 oz. of butter, 1 pint of water or milk, 3½ lbs. of flour.

Rub the butter in with the flour, and mix it into a dough as before directed; brake it smooth, and break twelve or fourteen pieces out of eight ounces of dough; mould them, and dock them with an American docker (this is a small round print, about an inch and a quarter in diameter, with the figure of a sheaf of wheat on its surface, and five small projecting pieces of wire) either on a crimping board or in a small block having a semicircular or concave hollow, about three parts of an inch larger than the docker, which has also grooves, so as to crimp the bottom of the biscuit; some of these blocks have a concave hollow on each side, the one having circular grooves and the other straight. This last method leaves a projecting edge, the height of which is in proportion to the pressure used.

Place them on clean dry tins about half an inch asunder, and bake them in a moderately warm oven.

Cup Biscuits.—These biscuits may be considered out of date, or rather out of fashion, and are made only by a few persons; and, if we except the small captains', these are the first which were known of this sort of fancy biscuits. They are made of the same mixture as the last; but, instead of their being docked in the manner they now are, two pieces after being moulded were placed one on the other, and the docker (which was rather larger than those now in use), pressed on the surface of the uppermost one, whereby a small edge is forced up round the docker; the bottom one is then taken off, the docker laid on

its side, the palm or heel of the left hand is placed against the bottom of the biscuit, and the docker is allowed to run round between the thumb and forefinger of the right hand, by drawing the hand along the board from the top towards the bottom, with a slight pressure on the dough, by which means the docker and biscuit acquire a rotary motion, and raise the dough round the side. This is continued until the biscuit is the required height. If they are not docked very even in the first place, one side will be higher than the other. When the first is finished, the one which was at the bottom is again docked on another piece, as before.

These have given place to the others, on account of the extra labour they take. It also requires great dexterity and much practice to make them well. Bake as the last.

Bedford Cheese or Royal Biscuits.—4 lbs. of flour, 8 oz. of butter, 2 eggs, with water or milk enough to fill a pint.

Some persons prefer adding also about an ounce of loaf sugar. Mix as others, and brake the dough quite clear; and as it is rather stiffer than the others, it will require more labour to make it so. This is also necessary, as the biscuits are required to be "cupped" when rolled out, so that in appearance, when finished, they are not much unlike a saucer; to accomplish this properly, two persons should be occupied in making them up. If they are rolled out immediately they are moulded, the edges will rise with less trouble, and much better than if they remain some time; and it also requires some dexterity in rolling them so as to cause the edges to turn up. Dock them in the centre with a small docker. Some of these have about nine or twelve wires placed in a square form, and others round, with one in the centre and two rows outside, similar to a captains' docker.

Break about fourteen or sixteen biscuits out of 8 oz. of dough; mould and "drive" them; place them on clean dry tins, nearly touching each other; bake them a nice brown in an oven about the same heat as for captains'; and finish drying them in the stove. All hard biscuits are best when baked immediately they are finished, as they rise more than they would if suffered to lie on the tins. Particular care should also be taken that the surface is kept free from air, by being covered with a damp cloth, until they are ready to be put into the oven; or, after the tins are full, they should be put into a close closet, on racks, so that they may not touch each other. This will also prevent their getting dry before they are baked.

Coffee Biscuits.—4 lbs. of flour, 4 oz. of butter, 4 oz. of loaf sugar, 4 or 5 large eggs, with water enough to fill a pint, and a few caraway seeds; some persons omit the last.

Rub the butter in with the flour, make a bay, into which put the sugar in powder, with the eggs and water or milk, stir them well together that they may be properly mixed, or the eggs and water may be beat together in a basin before it is poured in the bay; mix the whole into a dough according to the directions already given at page 5, brake it clear, and get it out quite thin when you finish it on the brake. Divide it into 5 or 6 pieces, and proceed to roll them into thin sheets, about a tenth of an inch in thickness; cut it into biscuits with a cutter, which is usually made 4 inches long by $1\frac{3}{4}$ broad; dock them as you would captains', with a docker which has 3 straight rows of 8 wires, rather more than a $\frac{1}{4}$ of an inch apart; place them on clean dry *thin tins*, leaving a little space between each. Bake them in a brisk oven; if it should be not quite hot enough, twist up a handfull of shavings rather hard, light them and put them up by the side of the biscuits, which will cause the edges to turn up during the time they are

baking. If the mixture is too rich—that is, if it contains *too much butter* or sugar—they will remain quite flat, without the edges curling; and if they remain in the oven too long, so as to be dried in the baking, when it is not very hot, they will turn the contrary way—that is, lengthwise, from the centre to the ends, thereby forming an arch.

Victoria Biscuits.—3½ lbs. of flour, 2 oz. of butter, 2 oz. of sugar, and 1 pint of eggs.

Rub the butter and flour together, make a bay, add the sugar, pour in the eggs, and beat them well up with the hands, or in a basin with a whisk, and make the whole into a dough. Brake well that it may be very clear, roll into thin sheets, which dock slightly with the captains' biscuit docker, and cut into biscuits with an oval or plain round cutter, the same that is used for spice cakes or Brightons.

Put them on clean dry tins, and bake in a hot oven, as coffee biscuits. The biscuits will curl in the baking, and should be of a very delicate colour when done.

Union or York Biscuits.—From the best information I have been enabled to obtain, these have been in general repute for 60 or 70 years, but were made somewhat different from what they are at present, and approached more to a poor soft biscuit, and are still made so in many provincial towns. The following proportions will show how they were made about 60 years since:—To 1 lb. of butter, add 8 oz. of powdered lump sugar, and 3 lbs. of flour, with sufficient milk to make a dough of moderate consistence. The proportions for these now differ very materially, I may say almost in the same ratio as the character or respectability of the establishments in which they are made; but the most universal method is that which is known as a "pound to a quart," which is, a pound each of butter and sugar to a quart of water, and 8 lbs. of flour. The following may be taken as the mean and extreme:

4 or 5 lbs. of flour, 8 or 10 oz. of sugar, 6 or 8 oz. of butter, 1 pint of water or milk :

Or, $5\frac{1}{2}$ lbs. of flour, 12 oz. of butter, 1 lb. of sugar, 1 pint of water or milk ; flavouring each either with essence of lemon or orange-flower water.

Common Yorks.—30 lbs. of flour, 2 lbs. of butter or lard, 2 lbs. of sugar. Large quantities are made from these proportions for the grocers.

The sugar may be either used in powder and placed in the bay, or dissolved in the water first, then mix it into a dough and brake it, observing particularly the rules already given in pages 5 to 8. The dough, when finished, should be divided into pieces about an inch square by 4 or 6 in length. Cover them with a damp cloth, and roll each piece out with the hands into a round roll or pipe of a sufficient size that when flattened with a rolling pin to about a quarter of an inch in thickness, it will leave a small edge or margin at each end of the docker. Dock them on a crimping-board, leaving a little space between each to allow their being "cut off" with an edge. This is the most general method, and it is the best, as the biscuits are not so liable to split in two, as when done in the following manner, which some persons approve of, on account, as they say, of its taking less labour and time.

Roll out a piece of the dough into a sheet, the same thickness as already mentioned, cut it into long strips rather wider than the docker, dock and cut them out as before ; place them, nearly touching each other, on clean dry tins ; bake them in rather a warm oven, of a nice brown, and finish drying them in the stove. The dockers for these are so well known, that they need little or no description ; the Union docker is more square than the York, and have usually the word "Union, 1797."

Machine Biscuits.—From 10 to 12 lbs. of flour, $2\frac{1}{4}$ lbs. of butter, 10 oz. of loaf sugar, 1 quart of water.

Mix as the others, brake the dough well, and let it be clear; cut it into small square pieces of a convenient size, that when rolled out it will be large enough to cover the board of the machine, roll the pieces out in a sheet ½ an inch in thickness; place it on the bottom board of the machine, turn the screw on the top, which forces down a frame, and cuts out the whole sheet and docks them at one and the same time, of various forms and impressions. Place them on clean dry tins, as Yorks, and bake in a moderately warm oven, or what is termed a "sound oven;" finish drying them in the stove.

Jamaica Biscuits.—To either of the mixtures for Yorks add a few seeds, or take part of the dough and brake in a few seeds with it; cut it into pieces as for Yorks, but rather larger, that when rolled out and flattened, it may be wider and thicker; dock them on a crimping-board, and cut them off with a knife; bake in a sound oven. The docker for these is long and narrow, and varies in its length from an inch and a half to two inches.

Regency Biscuits.—The same as the last, with rather more seeds; roll the dough out in a sheet, the same thickness as for Yorks, cut it out in pieces with an oval cutter; dock them with an oval docker on a crimping-board, and bake as Yorks.

Lemon Biscuits.—These are made of the same mixture as Yorks, flavouring it more with essence of lemon; make them the same shape as regencies. The whole of these require to be baked in a moderately warm oven. Let them be full three parts done before they are taken out, or they will be soft or sodden in the middle; finish drying them in the stove.

Finger Biscuits and Rings.—4 lbs. of flour, 8 oz. of loaf sugar, 10 oz. of butter, 1 pint of water or milk.

Mix and prepare your dough as the others; cut it

into square pieces of a convenient size, and roll it into sheets of half an inch in thickness, cut it into narrow strips so that each may be about half an inch square, roll these out with your hands into long rolls or pipes about the size of a person's little finger, place several of them together, and cut them in lengths of 4 or 4½ inches, place them on clean dry tins about half an inch asunder; let them be quite straight. Some of these may be formed into rings, thus: lay them on a crimping-board, and with a knife or long scraper (the last is best) press on each singly, drawing your hand towards you, which will cause the biscuit to roll up, when it will have the impression of the board, and be quite round, as before; turn each round to form a circle, press the two ends together, and place them on tins.

Shell Biscuits.—5 lbs. of flour, 12 oz. of loaf sugar, 12 oz. of butter, 1 pint of milk.

Mix the whole into a dough, and brake it well. Roll it into sheets, about half an inch in thickness; cut it out into pieces with a long oval cutter, or one which is something of an oval, but pointed at the ends, thus ⬭; it is usually about 2½ or 3 inches long, and three quarters of an inch wide in the centre. Put these pieces on a crimping-board, and with a scraper or large knife place it at the back of the widest part of each piece, press on it, but not too heavy, and bring your hand towards you, when it will be found that the side first pressed will curl up, and the opposite side where the knife or scraper is drawn off will require to be turned in a little. It will then represent the bottom of a cowrie shell. Some of these may be only half turned—that is, from one side to the centre, so that the other half will remain flat; these may be diversified according to fancy. Another portion of the dough may be cut out with a round scolloped cutter of 2 inches in diameter, the same as used for small seedies, first

docking the sheet over with a captains' docker, but the holes must not be too thick. Provide yourself with an iron comb, take a little of each piece by the side between the forefinger and thumb of the left hand, and with the comb in the right, make five or six indentions with it on the crimping-board, carrying the hand round in a circular form. Place them on clean dry tins; the shells may be put on straight, or bent in a semicircular form; bake them as the others, and dry them in the stove.

The different sorts of biscuits that can be made from these mixtures, may be varied almost to infinity; if a greater variety is required, the best plan would be to get a few from each shop, by which means various forms may be obtained; and a practical man would have no difficulty, with the instructions here given, to make others similar.

It is not requisite to make a separate mixture for each sort described from pp. 30, 31. It is usual, in small establishments, to make three or four sorts out of one mixture, such as Unions, Yorks, Jamaicas, Regencies, and Shells, varying portions of it by mixing in seeds. It is only in houses where they have a great demand, that the different proportions are used for each separately.

Oatmeal Cakes.—Make 2 lbs. of rough or Scotch oatmeal into a stiff paste with warm water, a small bit of butter may be added; but this is seldom done. More dough must not be made than is enough to make two or three pieces, as it gets so short that it cannot be worked. The meal may be mixed with cold water instead of warm, but it is then more short and crumbly in the working. Mould it into pieces according to the size of the cakes required; roll them out into large thin sheets, rub the surface of each cake over with dry meal with the palm of the hand, to "face" them up, and cut them into four pieces. In Scotland, where these cakes are in general made

by the inhabitants, they mix only one at a time, in a wooden bowl or bossye; it is then turned out and flattened to half the intended size of the knuckles, and finished rolling to the proper size with a rolling-pin; neither do they bake them in an oven, but on a girdle, which is a round thin plate of iron, with a handle over it, by which it is suspended over the fire, from a crook in the chimney; when this is properly heated, the cakes are placed on it and baked; or are partly baked, and then stood with their faces towards the fire against some bricks, to turn the edges and finish baking them. In London it is usual to bake them in a very hot oven.

An old receipt which I have, of the 16th century, describes them as follows: "Take fine oat flower, mix it with a little water and new ale yest, making it pretty stiff, which form into cakes, rowling them very thin, and so lay them on an iron to bake, or on a baking stone. Make a slow fire under them, and turn the edges of them round on the iron, that they may bake also; they will be done in a quarter of an hour. A little before you take them up, turn them on the other side, only to flat them; but if you turn them too soon, it will hinder their rising. The iron or stone on which they are baked, must be placed at some distance over the fire."

Bannocks.—These are mixed as the preceding, flattened to half an inch in thickness with the knuckles, and baked on a gridiron or hot hearth.

SECTION II.—BISCUITS MADE WITH YEAST.

Butter Biscuits.—6 lbs. of flour, $\frac{3}{4}$ or 1 lb. of butter, a quart of warm water, from $\frac{1}{2}$ to 1 oz. of dried yeast, or a teacupfull of brewer's yeast.

Rub the butter in with the flour, make a bay, pour in the water, and add the yeast, of which if it is brewer's

yeast, and I do not know the quality of it, I usually add as much as will give the water a slight taste, so as to avoid their being bitter; but small beer yeast, or that which is the least bitter, should always be preferred. Mix the whole into dough, brake it a little, wrap it in a cloth or flannel, and set it in a warm place to prove. When it is light enough, brake it until it is quite smooth and clear, and if it is not tight enough add sufficient flour to make it so; roll it out into a sheet about an eighth of an inch in thickness, and cut out the biscuits with the docker.* Others cut the dough into strips and roll these out with the hand into a roll, when they cut it into pieces, which are flattened with the hand; each biscuit is then rolled and cut out separately, working in the cuttings each time with a fresh parcel of dough; as soon as the biscuits are cut out, bake them in a hot oven. A few persons make these without yeast, as a hard biscuit, using the same proportions for them, and the oven need not then be quite so warm. They are not usually dried after they are baked. These biscuits may also be made with soda and acid as directed for luncheon biscuits, and 2 lbs. of butter used when required very good.

Oliver Biscuits.—4 to 5 lbs. of flour, ½ lb. of butter, 1¼ pint of milk, and a little yeast, or about 1 oz. of German yeast.

Take one half of the milk; make it warm; add the yeast, with about a pound of the flour, so as to make a sponge, and put it in a warm place; when it has risen and fallen, rub the butter into the flour, add the remaining portion of the milk, warmed as before, which mix with the sponge, and make the whole into

* It may be either be termed a docker or cutter, for properly it is both, being a piece of wood in the shape of other dockers having an iron rim or ring three inches and a half in diameter, with stout wires fixed in the wood, the same as for a captains' biscuit docker, but the points are not sharpened, and are level with the surface of the iron rim or ring.

a dough; let it prove; roll it into thin sheets, and cut the biscuits out with a plain round cutter, nearly the same size as for butter biscuits, dock them or face them, and put several together in a heap, prick them with a fork or piece of wire over each surface—that is, first on the top, then turn them over and prick the opposite side; separate them, and place them in rows on dry tins; bake them in rather a slow oven. At some places in the West of England they are put on tins slightly buttered, the tops washed over with milk, when they are proved before being baked. These are the original Oliver or *Bath* Oliver Biscuits.

Another.—4 quarts of warm milk, to which add $\frac{3}{4}$ of a pint of well-washed brewer's yeast, and make into a sponge with flour. When the sponge is ready, pour in 2 lbs. of melted butter; mix well and make into a dough of moderate consistence with more flour. Let the dough prove a little, and then roll it out into thin sheets, cut the biscuits out with a plain round cutter; dock them with an old butter docker with the rim off. Face them, and put them in piles to prove a little; then separate them, put them on clean dry tins, wash the tops with milk, and bake in a cold oven.

Another.—2 lbs. of flour, 8 oz. of butter, 3 eggs, 1 dram of carbonate of soda, and sufficient milk to make a dough of the consistence of the last.

Reading Biscuits.—These are a sprig or shoot from the last, and the method of making them has been considered by *a few* to be a very *great secret*. I was once told by a person who had been living at a place where they were then principally made, and who was in possession of this *wonderful secret*, "that I should never be enabled to conceive how they were made or baked;" but with confidence I had this information given me: "they were chiefly baked either the first thing in the morning, before the oven was heated, or else the last thing at night, after the oven had been cooled down with work;" nothing else could be elicited

without the payment of half-a-guinea. I thought this a long price, especially as I had never seen the biscuit, so as to know in what its peculiarities existed, only having heard much talk of it: however, I had not long to wait before I obtained the other portion of it. I was engaged one day at a house in Oxford-street, when I chanced to go in during the time these were making, and some of them were taken out of the oven. I naturally took up some to look at, when I immediately exclaimed, "Why, you have burnt the Oliver biscuits!' "Oh no!" was the reply; "these are not Olivers, but Reading biscuits; and that is the way they should be." After all, I found, to my great surprise, that this wonderful secret consisted in its being an Oliver biscuit, with rather less butter, and dried, or, technically speaking, "perished" in a cool oven, not burnt black, but brown. This put me in mind of a man who had spoiled a batch of bread, it being burnt and sour; and when found fault with respecting it, told his mistress that it was all right, for it was just as his customers wanted it. I suppose it was another such an instance as this which produced READING BISCUITS. The preparations for them are, ½ lb. of butter, 1 quart of warm water, a little yeast, with flour sufficient to make the whole into a dough; make them as directed for Olivers, rolling them very thin, and using rather a smaller cutter. They are usually sold in boxes, and are much in request as a wine biscuit. Only three or four persons made them in the metropolis until a few months before the first publication of this work in 1843.

Cayenne Biscuits.—These are the same as the former, with the addition of cayenne pepper: the way in which it is added is very bad, as it gives some biscuits a greater portion than others, which cannot be avoided when the powder is mixed with the dough or flour. To obviate this, I use an infusion of cayenne in spirits of wine, which I add to the water

or milk, when they may be flavoured equally, to any height required. Take the following proportions for it: 1 oz. of cayenne pepper, or capsicum berries, (or if required very strong, 2 oz. should be used,) which steep for fourteen days in 1 pint of spirits of wine or good gin; put the whole into a bottle, and cork it close; use the clear liquor—a few drops will suffice. I never knew any other person adopt this method.

These are sold in boxes, as the others, and are principally eaten with wine, after dinner, as a stimulant to excess.

Norwich Biscuits.—6 lbs. of flour, 8 or 12 oz. of butter, 1 quart of milk, with yeast. Some add 2 or 3 ounces of sugar, which may be omitted, as it is not necessary, neither is it in accordance with those biscuits made at the place from whence they take their name.

Prepare these as before directed for Olivers, and let the dough be of a moderately good consistence, nearly the same as for butter biscuits. When the dough is sufficiently proved, break 18 or 20 biscuits out of a pound of dough, mould them into a round ball under your hands as you would rolls; place them on tins, slightly buttered, from 2 to 3 inches asunder; flatten them a little, and dock them in the centre with a docker, the same as used for royal or cheese biscuits; prove them, and bake in rather a cool oven so as to admit of their being baked through, that they may eat short and crisp; if they should not be sufficiently dried when taken out, finish drying them in the stove. At Norwich they are baked on the bottom of the oven.

These are a sort of biscuit which is made in many provincial towns in other forms, and under different names. At Exeter and the neighbouring places, a similar preparation (viz., from 6 to 8 oz. of butter mixed with a quartern of bread dough, and made

of a moderate consistence with flour) is cut into Fingers and Half-moons, Fancy biscuits and Tea biscuits. The dough is rolled into a sheet about ½ an inch in thickness, and the fingers are cut out with a cutter about 4 inches long by 3 wide, which is divided into 3 parts, with 2 divisions lengthways, so that each biscuit is about an inch wide; the half-moons from a circular cutter, divided in two; and the tea biscuits are cut out into small hearts, diamonds, fingers, half-moons, and other devices; these last are usually made richer than the others; they are all placed on tins so as not to touch each other, proved and baked as Norwich biscuits, without being docked.

The same preparation is also made, and sold as milk biscuits, for children and infants' food, with a medical gentleman's name attached; these have a less portion of butter, although they are advertised as being made without it; but I never knew an instance in which they were so made.

Cheltenham Biscuits.—These are the same as the last, with the addition of 6 or 8 oz. of loaf sugar to the quart of milk. Make them as Norwich biscuits, but roll them flatter, or so as they will be about ½ an inch in thickness, dock them in the centre with rather a larger docker, place them on tins slightly buttered, prove, bake, and dry them well. A similar biscuit to these has recently been made, under the title of the Queen's nursery biscuit; or the following preparation may be used.

Nursery Biscuits.—1 quart of milk, from 4 to 6 oz. of butter, 2 oz. of sugar, about 5 lbs. of flour, and sufficient yeast to work it.

Take half or three parts of the milk, warm it, and set a sponge with patent or brewer's yeast, and some of the flour. When the sponge is ready, add to it the rest of the milk, warmed as before. Rub the butter in with the remainder of the flour, and make

the whole into a dough of moderately good consistence, rather more so than bun dough. Set it aside in a warm place to prove, and make into cakes as directed for Norwich biscuits, only a little larger. Prove them well, and bake in a slow oven, of a delicately pale brown, and dry them in the stove when baked.

They may be made into cakes as follows, instead of the preceding. Roll the dough into sheets from a quarter to half an inch in thickness, and cut it into cakes with a plain round cutter about 3 inches in diameter; dock them in the centre, and finish as before.

Half an ounce of soda may be added to each quart of milk in the sponge. This addition may suit some infants by correcting acidity of the stomach, and be an improvement to the biscuits when patent yeast is used.

Waterloo Biscuits.—To 4½ lbs. of bread dough, add 6 oz. of butter melted, 8 oz. of sugar, 2 oz. of caraway seeds, and ½ oz. of pure volatile salt finely pounded. Mix well, using flour to dust it with in the working; let it prove, and proceed as for the last. This makes an excellent biscuit for infants' food.

SECTION III.—SOFT BISCUITS.

Rout Biscuits.—3 lbs. of flour, 6 oz. of butter, 1½ lb. of loaf sugar in powder, ½ pint of milk, ¼ oz. of volatile salts pounded fine, and a little essence of lemon.

Put the sugar and volatile salts in the milk, and let them stand for an hour or two, stirring them occasionally.

Another Method.—1 lb. of sugar, a teacupfull of milk or water, 4 oz. of butter, ½ oz. of volatile salts.

Put the sugar and milk in a clean saucepan over the fire, let them boil up; see if all the sugar is dis-

solved; if not, give it another boil or two, and set it aside to cool; it will be ready for use when cold.

Rub the butter in with the flour, make a bay, pour in the sugar, and make the whole into a dough, of a moderate stiffness. In the last receipt, the volatile salts should be pounded and mixed with the sugar after it is boiled, and sufficient flour should be used to make a dough of a good consistence, keeping it in a loose state until it is nearly of the size or consistence required; then work it together. Take a part of the dough, mould it in a square piece, and lay it over the impressions or figures carved in a block of wood, and press it in; keep your hand firm on it, that it may retain its place; have a thin knife, which is made for this purpose, called a toy knife, rub it over a damp cloth, or pass it through flour; lay it flat on the block, and cut off the superfluous dough; take the biscuits out, and place them on tins slightly buttered so as not to touch each other; wash them over lightly with milk, and bake them in a very hot oven. The last mixture is the best for persons who are not very expert in the cutting. The dough is apt to get tough, if worked or moulded too much, when made according to the first receipt; an error which inexperienced persons are very liable to commit.

In cutting the biscuits, observe that the pressure of the hand on the dough must be equal on every part of the impressions or figures carved in the wood, or the biscuits will not be of an equal thickness.

Walnut Biscuits.—1 lb. of flour, $\frac{1}{4}$ lb. of butter, $\frac{1}{2}$ lb. of loaf sugar, 1 egg, and sufficient milk to make the whole into a dough; flavour with essence of lemon.

Rub the butter in with the flour, make a bay, put in the sugar, add the egg and milk; stir together to mix them, and make the whole into a dough.

1 lb. of loaf sugar, 6 oz. of butter, a teacupfull of water or milk, 2 eggs, and sufficient flour.

Put the water and sugar together in a saucepan, set them on the fire to boil, until the sugar is dissolved; then take it off, and let it remain until it is cold. Rub the butter into some flour (about 3 lbs.), make a bay, and pour in the sugar, break in the eggs, mix them and the sugar well together, and make the whole into rather a tight dough with more flour, if required. Cut "the dough out" from blocks having the impression of half a walnut, place them on tins slightly buttered, and bake them in a sound oven until they assume a light brown colour; the kernels should be baked very pale. Many persons leave out the eggs in this mixture. After they are baked, the two halves of the walnuts are joined by moistening the parts with white of egg, or dissolved gum arabic, or by laying them on a clean board, moistened with water; the two moist surfaces, being put together, adhere as they become dry.

Shrewsbury Cakes.—These cakes, and some others of the same class, are of considerable antiquity; and I shall introduce a few extracts from an old writer, to show how they were compounded about a century and a half since: "Take fine flour 7 lbs., fine sugar in powder 7 lbs., caraways in fine powder 1 oz., sweet butter 4 lbs., with ale yest a sufficient quantity to make a paste, which form into little thin cakes. These will be baked in a quarter of an hour." Very different are these from those of the present day, which are made as follows:—

Real Shrewsburies.—14 oz of flour, 10 oz. of sugar in fine powder, 10 oz. of butter, half a nutmeg grated, and as much ground cinnamon, or cinnamon and mace mixed, and 2 small eggs.

Common Shrewsburies.—1½ lb. of flour, ½ lb. of butter, ½ lb. of powdered sugar, 1 egg, with sufficient milk to make a paste; some add about ¼ oz. of volatile salt.

Rub the butter in with the flour, make a bay, add

the sugar, eggs, milk, and spice, and mix the whole into a paste; roll it out on an even board or marble slab, using flour to dust it with, to prevent its sticking; let the sheet be an eighth of an inch in thickness, cut them out with a plain round cutter two inches and a half or three inches in diameter; place them in rows, nearly touching each other, on clean dry tins, and bake them in a cool oven; as soon as the edges are a little coloured, the cakes are done.

Sugar Cakes.—These, like the Shrewsburies, are very old, and the mixture varies more. An old receipt of the time of William III. is as follows:—"Take fine flour 3½ lbs., fine sugar powdered and sweet butter of each 1 lb., 4 yolks and 1 white of eggs; melt your butter with damask-rose water, work them together, and bake on plates." Appended to another receipt is the following note:—"Afterwards ice them over with sugar; the cake should be about the bigness of a hand breadth, and thin, of the size of the SUGAR CAKES SOLD AT BARNET."

1 lb. of sugar, 1½ lb. of flour, 6 oz. of butter, 4 eggs, a wineglassfull of rose water, with a little mace and ambergris.

1 lb. of loaf sugar, 1 lb. of flour, 6 oz. of butter, 2 oz. of almonds pounded fine, the rind of a lemon or a little essence.

Rub the butter in with the flour, mix in the sugar in powder, and make the whole into a paste with the eggs; roll the paste out very thin, cut it out with a plain round cutter, about the same size as for Shrewsburies; put them on paper or clean tins, dust the tops with sugar, and bake them.

Water Cakes, with Caraways.—2 lbs. of flour, 1½ lb. of very finely powdered loaf sugar. Mix the sugar and flour together, and make them into a paste with half whites of eggs and the other half water; add a few caraway seeds. An ounce of butter will improve them.

½ lb. of butter, ½ lb. of sugar, 10 oz. of flour, a few caraway seeds, with sufficient milk to make the whole into a moderately stiff paste.

Tunbridge Water Cakes.—3 lbs. of flour, 1½ lb. of loaf sugar, ¼ lb. of butter, and 10 eggs.

1¼ lb. of flour, ½ lb. of sugar, 6 oz. of butter; mix with milk or water, and a little orange-flower water.

Rub the butter in with the flour, add the sugar, and make the whole into a paste; roll it out very thin, cut it out with a plain round or scolloped cutter, about the same size as for Shrewsburies; place them on clean tins or buttered paper, and bake them of a pale delicate colour, in a cool oven.

Wafer Biscuits are similar to the water biscuits, and are derived from them; they have been introduced since the first publication of this work.

Ginger Wafer Biscuits.—3 lbs. of flour, 1½ lb. of very finely powdered loaf sugar, 1½ oz. of ginger. Mix into a dough with water.

4 lbs. of flour, 4 oz. of icing sugar, ½ pint of milk, 8 eggs, 3 oz. of ginger. Mix.

8 lbs. of flour, 2½ pints of cream, 4 eggs, 2 lbs. of very fine loaf sugar, 4 oz. of ginger. Mix in the usual way; roll the dough very thin on an even board or marble slab; dock the surface over with a captains' biscuit docker; cut them into round cakes about the size of Shrewsburies; put them on very clean dry tins slightly dusted with flour, and bake them in a moderately cold oven. When baked, they may be put in piles whilst hot, and pressed to make them flat and even.

Lemon Wafers—as ginger, substituting essence of lemon for the ginger.

Seed Wafers—the same, using caraway seeds instead of ginger.

Ginger Wafer Biscuits.—2 lbs. of flour, 12 oz. of sugar, 3 oz of butter, 3 eggs, and sufficient milk to make a dough. If very fine powdered sugar cannot

be conveniently obtained, it should be soaked in the milk. The dough should be worked quite clear, and be of a moderate consistence. The addition of a small quantity of carbonate of soda, as much as can be put on a sixpence, will prevent their blistering during baking, but the biscuits will then require to be cut thinner. They require a great deal of attention in assorting them during the baking, and to be "double-timed."

Derby or Yarmouth Biscuits.—These are mostly known by the name of Derby cakes, but the original Yarmouth biscuits were made much richer than the Derby of the present day; viz., 12 oz. of flour, ½ lb. of butter, ½ lb. of loaf sugar, 6 oz. of currants, and 3 eggs.

The modern method is the following:—1¼ lb. of flour, ¼ lb. of butter, ½ lb. of sugar, ½ lb. of currants, 3 eggs, a little milk, and ¼ oz. of volatile salts.

Rub the butter in with the flour, add the sugar, volatile salts, eggs, and milk, and make them into a paste of a moderate consistence; roll it out into a sheet an eighth of an inch in thickness, cut them out with a scolloped cutter, the same as is used for small seedies, place them on clean tins, and bake them in a brisk oven. Some of the dough may be made into cakes thus:—Make four penny cakes out of 5 or 6 ounces of dough, mould them up under the hand into a round ball, roll them out thin, and either pinch them round the edge, or leave them plain; bake them in a brisk oven, as the others. Yarmouth biscuits are made by some persons of this paste, with the addition of a few caraway seeds, and by cutting them out with a diamond cutter, to vary the form.

Colchester Ca s.—4 lbs. of flour, 1½ lb. of butter, 1½ lb. of East India sugar, 1¼ lb. of currants, 4 eggs, and 1 oz. of volatile salt. These proportions are used for halfpenny cakes, and the following for penny ones:—

4 lbs. of flour, 1½ lb. of butter, 2 lbs. of sugar, 2 lbs. of currants, 4 eggs, and ¼ oz. of volatile salt.

Mix these as directed for others in this section, using sufficient milk with the eggs, to make the whole into a dough of moderate consistence. Roll it into a sheet, dust the top with rather coarsely pounded loaf sugar, cut into cakes with scolloped cutters suitable for penny or halfpenny cakes, place them on slightly buttered tins, and bake in a warm oven.

Short Bread.—1¼ lb. of flour, ½ lb. of sugar, ½ lb. of butter, 3 eggs, ¼ oz. of volatile salts, (this last is not always added,) a little essence of lemon.

1½ lb. of flour, ½ lb of butter, ½ lb. of loaf sugar, ¼ oz. of volatile salts, 2 eggs, and milk.

Mix as for Derbies, make four cakes out of 5 oz. of dough; allow 6 oz. for the second mixture; mould them up under your hands into a round ball, flatten them a little, and roll them either into oval or round cakes, pinch them round the edges, and place them on clean dry tins so as not to touch each other; cut a long thin slice of lemon or orange peel, and place in the centre; a few caraway comfits are frequently placed on the top. Bake them in a moderately warm oven.

Lemon Biscuits.—Use the same mixture as for short bread, leaving out the volatile salt, and flavour it rather strongly with essence of lemon. Or make them as follows:—

2 lbs. of flour, 1 lb. of sugar, ¾ lb. of butter, 4 eggs, and a little milk, if necessary, with essence of lemon.

Mix them as before into a dough of a moderate consistence, roll it out into a sheet of a sufficient thickness to take the impression of the docker, cut the biscuits out with an oval cutter, and dock them; place them on clean dry tins, or those which are slightly buttered, and bake them in a brisk oven.

Ginger Biscuits.—As lemon, substituting powdered ginger for the essence of lemon; or the essence of

ginger may be used. The docker for these has the word *ginger* on it.

Cinnamon Biscuits.—As the former, using powdered cinnamon; add a little bole ammoniac to colour the paste, or some prepared cochineal. I prefer them without any colouring matter being added; but if any is used, those here recommended are the least objectionable.

Pavilion Cakes.—1½ lb. of flour, 8 oz. of butter, 8 oz. of loaf sugar, 2 eggs, a little milk, a few drops of essence of lemon, ¼ oz. of volatile salts; or the same mixture may be used as for short bread.

Rub the butter in with the flour, make a bay, add the sugar with the eggs, milk, and volatile salt, mix the whole into a dough, roll it out in a sheet, eighth of an inch in thickness, and cut it out with a plain round cutter of three inches and a half in diameter; these are also occasionally cut out with an oval scolloped cutter; place them on the board in rows; break an egg into a cup or basin, and whisk it up with the brush or a fork, until the yolk and white are well mixed, and brush over the tops with it. Have ready prepared some blanched sweet almonds, chopped in small pieces, also some bits of loaf sugar about the size of peas, mix these together in equal portions, or mix rough sugar and currants together, and spread either of these over a sheet of paper or a tin, throw the surface of the biscuits, after they are washed, on this, when the sugar and almonds, or currants, will adhere to the top; place them on tins slightly rubbed over with butter, and bake them in a moderately warm oven. These cakes are sold at a penny each,* smaller ones at two and four a penny.

* The whole of these mixtures which contain so much butter are best made up a few hours, or even the night, before they are wanted, when they should be kept covered and in a cool place to prevent the surface drying. If salt butter is used, it should be well washed; let it be firm, for if the butter is soft and oily the dough is difficult to be made up.

Currant Tunbridge Biscuits.—8 lbs. of flour, 2 lbs. of butter, 3 lbs. of sugar, 1½ lb. of currants. 1½ lb. of ground almonds, 8 eggs, ½ pint of milk, ¼ oz. of volatile salt. Mix.

Roll the dough into sheets nearly a quarter of an inch in thickness, dust with loaf sugar, pass the rolling-pin over the surface again, and cut it into biscuits with an oval cutter, the same size as for lemon biscuits (page 46). Place on buttered tins about half an inch asunder, and bake in a moderately quick heat. The following mixture may be used instead :

6 lbs. of flour, 2 lbs. of butter, 2½ lbs. of sugar, 1½ lb. of currants, 6 eggs, ¼ oz. of volatile salt, and sufficient milk to mix the whole of a moderate consistence.

Lemon Tunbridge Biscuits.—As the last ; or use 8 lbs. of flour, 1½ lb. of butter, 1½ lb. of sugar, 6 eggs, ¾ pint of milk, ¼ oz. of volatile salt.

Proceed as for the last ; or they may be made into small round biscuits instead of oval ones.

Ginger Tunbridge.—As the last, using 2½ lbs. of sugar, 4 oz. of gound ginger, and 10 eggs, with sufficient milk to make a dough.

Seed Tunbridge.—6 lbs. of flour, 2¼ lbs. of powdered sugar, 1¼ lb. of butter, 6 eggs, a dram of volatile salt, and sufficient milk to make the whole into a dough about the consistence of walnut dough, with a few caraway seeds.

Roll the dough into sheets about a quarter of an inch in thickness, dust the surface with finely powdered loaf sugar during the rolling ; cut into cakes with an eighth cake cutter, and dock them with a diamond carved docker. Place on buttered tins about a quarter of an inch asunder, and bake in a moderately heated oven ; let them be of light brown on the surface and bottom when done.

Travellers' Biscuits.—6 lbs. of flour, 4 lbs. of powdered loaf sugar, 2lbs. of butter, 1½ lb. of preserved orange and lemon peel cut small, 1½ lb. of blanched sweet almonds chopped small, 3 oz. of ground ginger,

½ oz. of volatile salts, 8 eggs, with sufficient milk to mix the whole into a moderate consistence.

Roll into moderately thin sheets, cut into biscuits with a small oval (lemon) cutter; lay on buttered plates about a quarter of an inch asunder, wash the tops with egg and milk, and bake in a moderately heated oven.

Lemon Twists.—½ lb. of flour, 6 oz. of coarse loaf sugar termed "corings," (this is the coarse grains of sugar left in the sieve after the fine is taken out,) 4 oz. of butter, with sufficient eggs or milk to make the whole into a paste, as directed for the others, with a little volatile salt; flavour with essence of lemon.

Weigh it off in pieces for penny and twopenny cakes, divide each in three pieces, roll them into long rolls, and plat them together rather loosely, so as to make them open; wash the tops with milk, and dust them with loaf sugar; place them on tins slightly buttered so as not to touch each other, and bake them in a moderate oven.

Victoria Biscuits.—1 lb. of flour, 5 oz. of loaf sugar, 4 oz. of butter, 3 eggs, and a little essence of lemon, essence of neroli, or orange-flower water.

Mix into a paste as the others, roll it into a sheet sufficiently thick to take the impression of the docker, cut the biscuits out with an oval cutter, dock them; place them on buttered tins, and bake in a moderately brisk oven.

Clarence Biscuits.—5 lbs. of flour, 1½ lb. of sugar, ½ lb. of butter, 1 oz. of volatile salt, 2 eggs, 1 pint of milk, and a few caraway seeds.

Mix into a paste as directed for the others, using a little milk to pound the volatile with. Make it into a moderately stiff paste; roll it out into sheets about a quarter of an inch in thickness, cut them out with an oval cutter rather larger than that used for lemons, place them on buttered tins, and bake in a sound oven.

Volant Egg Biscuits.—Large quantities of these were sold by the grocers during the year of the Exhibition, 1851; and as they were highly approved of, the receipt may be of service to the trade.

8 lbs. of flour, 1 lb. of butter, 5 lbs. of pounded loaf sugar, 1½ oz. of volatile salt, and 1 quart of liquor.

Rub the butter and flour well together, mix in the sugar, pound the volatile salt fine, using the liquor to dissolve it; make a bay, pour in the liquor, and mix into a dough.

Divide the dough into four portions; to one, add sufficient ground ginger to flavour; to a second, ground cassia; a third, ground caraways; and the fourth, essence of lemon.

Make thirty-two biscuits from a pound of dough, in the same manner as directed for almond lemon drops, and lay them on buttered tins about the same distance asunder, with the cut side upwards; flatten them a little with the hand, and bake them in a cool oven, from 300 to 310 degrees Fahrenheit. If more than this, they will not crack nor look well.

Almond Egg Biscuits.—The same with 1 lb. of ground bitter almonds, using a little more volatile and sugar to make up for the almonds.

Albert Wine Biscuits.—8 lbs. of flour, 1½ lb. of butter, 5 lbs. of sugar, 1 oz. of volatile salt, and 1 quart of milk and liquor together.

Proceed in every respect as the last. These are nice biscuits; and as they are very light, they appear a great many for the money. Sold at 10*d.* per pound.

Almond Lemon Drops.—2¼ lbs. of flour, 1lb. 2 oz. of loaf sugar, 12 oz. of butter, ½ lb. of blanched almonds, or 4 or 6 oz. of bitter and the rest sweet, 1 oz. of volatile salts, 6 eggs, and flavour with a few drops of essence of lemon.

2½ lbs. of flour, 1½ lb. of loaf sugar, 12 oz. of butter, 12 oz. of sweet and bitter almonds, equal parts, ½ pint of milk, 6 eggs, ½ oz. of volatile salts finely powdered.

Pound the almonds and sugar together until they are quite fine, sift them through a flour sieve, and pound again all that does not pass through. Rub the butter in with the flour, and mix the almonds and sugar with it, make a bay, break in the eggs, and add the volatile salt, pounded very fine; it is much the best, in all cases, to pound it fine, and add a little milk with it, grinding it well in the mortar until it is thoroughly dissolved, for which an egg may be allowed; stir the eggs and pounded salt together in the bay until mixed, then make the whole into a paste, and avoid working it too much. Roll it into long rolls, and cut it into small pieces about the size of a nutmeg, or make six or eight biscuits out of two ounces of dough, mould them into round balls under your hands, and place them about two inches asunder on tins slightly buttered, flatten them a little with the ball of the thumb, and bake in a moderate oven; if the oven should be too hot at the bottom, put another tin underneath *after the biscuits are dropped.*

Victoria Drops.—3 lbs. of flour, 1½ lb. of butter, 1 lb. of ground rice, 1 lb. of ground sweet almonds, 4 lbs. of powdered loaf sugar, 13 eggs, ¼ oz. of volatile salt, 2 drams of essence of lemon, 2 drams of orange-flower water. Mix and bake as lemon drops.

New Lemon or Lemon Drops.—1¼ lb. of flour, 1¼ lb. of sugar, ¼ lb. of butter, 3 eggs, ¼ oz. of volatile salt, or rather more, and flavour with essence of lemon.

Rub the butter in with the flour, mix in the sugar, and make it into a paste as the last, using a little extra milk to pound the salt, break twelve or fourteen biscuits out of five ounces of dough; mould and bake as the preceding.

Lemon Biscuits.—2 lbs. of flour, 1 lb. 2 oz. of sugar, ½ lb. of butter, ½ oz. of volatile salt, 5 eggs, and a little milk to pound the salt, flavour with essence of lemon.

Mix as the preceding, roll the dough in a sheet of rather more than an eighth of an inch in thickness, and cut the biscuits out with a cutter in the form of a lemon, place them about an inch asunder on buttered tins, and bake in a moderate oven. This mixture may also be used for drops as the others, and it makes very good ones.

Observe.—At all times carefully avoid using an excess of essence of lemon for flavouring any kind of biscuits, as it will cause them to have the taste of turpentine, by being kept for any length of time.

All biscuits exposed to the sun in shop windows, soon become rancid, and lose their colour.

Ginger Drops.—Take either of the last two mixtures, leave out the essence of lemon, and add from ½ oz. to 1 oz. of ground ginger, according to its quality; make and bake as Lemon biscuits. These are sometimes called

Adelaide Biscuits, for which the following proportions may also be used:—3½ lbs. of flour, 3¼ lbs. of sugar, ½ lb. of butter, ½ oz. of ginger, ¼ oz. of volatile, 2 eggs, with sufficient milk to make it up.

Rice Biscuits.—3 lbs. of flour, 1 lb. of rice flour, 1 lb. 10 oz. of loaf sugar, 1 lb. of butter, ½ oz. of volatile salt, and ¾ pint of milk, or 4 eggs, and the remaining portion milk.

Mix the two flours together, rub in the butter with it, make a bay, add the sugar, and make them into a dough as the preceding, roll it out in a sheet the sixth of an inch in thickness, cut them out with a plain round cutter of three inches in diameter, wash the tops with milk, and throw them on rice flour; place them on buttered tins so as not to touch, and bake them in a moderately brisk oven.

Arrowroot Biscuits.—6 lbs. of flour, 2½ lbs. of sugar, 2½ lbs. of butter, 2 lbs. of arrowroot, 10 eggs, ¼ oz. of volatile, with sufficient milk to make the dough of good consistence.

Mix in the usual way for soft biscuits; roll the dough into sheets, cut them into round cakes to suit the size of the docker, dock them with an arrowroot docker, place on tins slightly buttered, and bake in a moderately warm oven.

German Wafer Biscuits.—½ lb. of powdered loaf sugar, ½ lb. of eggs, ¼ lb. of flour, 1 oz. of butter. Some leave out the butter.

Mix as sponge cakes, and drop them out in the same manner as sponge drops; or rub the butter in with the flour, add the sugar, break in the eggs, and mix them well together, drop it on buttered tins, bake them in a cool oven; when done, turn them round a stick, or fold them in the form of a cone as grocers do their sugar papers. These should be about three inches broad and quite thin, and have plenty of room to spread on the tins; try a few of them, and if they do not run enough, spread the remainder out round with the top of your finger.

African Shoots—Bramble Biscuits.—How, or for what reason, these were called Africans, I cannot conceive; the last is certainly a more appropriate name, as they very much resemble a bramble or blackberry stalk.

2½ lbs. of flour, 1 lb. of sugar, 12 oz. of butter, 5 eggs, a little essence of lemon, and milk, if more is required to bring the dough to a proper consistence or stiffness.

Cream the butter on the board, add the sugar in powder, and work these well together with the eggs, finally add the flour, mix it in at first rather loosely until it is well incorporated, then press or work it together into a dough, and avoid working it too much, or they will not be rough. This method is better than that of rubbing the butter in with the flour, for in summer, when it is oily, although the dough may be soft, yet it is so tough that it is difficult to push it through the forcer.

4 lbs. of flour, 1¼ lb. of butter, 1¼ lb. of loaf sugar, ½ pint of milk, or 2 eggs and the rest milk, and a little essence of lemon.

Soak the sugar in the milk for two or three hours, stirring them occasionally, rub the butter in with the flour, make a bay, and pour in the dissolved sugar, using a little extra milk to take off what adheres to the basin or cup; stir this in with the other before mixing the whole into a dough.

The tool necessary for making these is known as a syringe mould, or forcer; it consists of a tube of copper, iron, or tin, from ten to twelve inches long, and about two inches in diameter; at one end is a fixed plate, with a round hole in it, or a cap with a hole, which is fixed to the tube with a screw, or with two pins that fit into a groove; in either of these methods the cap may be taken off at pleasure: a ring, having a handle on each side, is soldered on from the centre, towards the cap; a plate of tin, having a hole cut in the form of a star, and another quite straight, having the top of the hole like the teeth of a saw, and the bottom quite plain; there is usually about eight or ten of these teeth in a row; these plates fit into the top of the tube or cap, the tube is then either half or three parts filled with dough, when, by means of a rammer of wood, it is forced through the hole or star in either of the plates, in lengths, on the board, by pressing the rammer against the chest with your hands; it is then cut into pieces with a knife, those pushed out from the round star about three or three inches and a half long, and those from the straight one two and a half or three inches long; they are then placed on slightly buttered tins quite straight, about half an inch asunder, and baked in a moderately quick oven. The dough forced through the round or star form is also made into rings, crosses, diamonds, and various other figures which fancy may suggest. If the dough should be rather tight or

tough, the force which the chest has to bear against the rammer in the common ones is dangerous, tending to cause ruptures and other accidents, occasioned by straining. To obviate this, I had one made, in which the rammer is forced down with a screw, and by the means of this a tight or tough dough is forced out with ease and facility; a child of six or seven years old would have strength enough to work it. I would advise all persons who can afford it, to have them on this or a similar plan.

Plate III. is the design of a forcer manufactured by Messrs. Eaborn and Robinson, of Clement-street, Birmingham.

Queen's Rout Biscuits.—20 lbs. of flour, 4½ lbs. of butter, 7 lbs. of loaf sugar finely powdered, 12 eggs, ½ oz. of volatile salt or carbonate of soda, ½ oz. of essence of lemon, 1 lb. of ground bitter almonds, 1 lb. of arrowroot, 1 quart of milk, or sufficient to make the whole into a very tight dough. These proportions make a very good biscuit.

No. 2.—8 lbs. of flour, 1 lb. of butter, 3 lbs. of powdered loaf sugar, 6 oz. of ground bitter almonds, ½ pint of milk, 1 dram of volatile salt or carbonate of soda.

No. 3.—Not quite so good. 20 lbs. of flour, 3½ lbs. of butter, 6 lbs. of sifted loaf sugar, ½ oz of volatile salt, 8 eggs, 1 lb. of arrowroot or ground rice, 4 drams of essence of lemon, and sufficient milk to make a very sound dough.

No. 4.—21 lbs. of flour, 4 lbs. of butter, 7 lbs. of sugar, ½ oz. of volatile salt, 1 lb. of arrowroot, 2 lbs. of ground rice, about 3 pints of milk, and a little turmeric powder to give a light yellow tinge to the dough. Mix.

Common Queen's Routs.—30 lbs. of flour, 10 lbs. of sugar boiled as directed for routs (page 40), 4 lbs. of butter, 1 oz. of volatile salt, and some powdered turmeric to colour the dough.

Mix as directed for other biscuits in this section. The dough should be rather tight than otherwise, and be forced through the rout machine, similar to that before described for African biscuits (page 54), to work with a screw. Make them in fancy shapes, such as rings, crosses, crowns, or scrolls, and bake in a rather warm but sound oven. They should be of a nice brown, both top and bottom, when done, and be dried after they are baked.

Diatetic Biscuits.—These were introduced by a person who was once a grocer by trade; but, failing in that business, he introduced biscuits under the above name, which have a considerable sale among the grocers of London. They are formed precisely in the same manner as African or Queen's rout biscuits, the most part of the dough being forced through the wide saw-tooth form plate of the machine; it is then cut into different forms with cutters, such as hearts, rings, small round biscuits, as well as the star-like form used for the Queen's rout biscuit, for fingers; portions of the mixture being flavoured with ginger, almonds, essence of lemon, to another portion seeds are added, and with the remaining portion, currants. Each of these portions should be made in different shapes.

56 lbs. of flour, 22 lbs. of powdered loaf sugar, 5 lbs. of butter, 5 lbs. of lard, 52 eggs, 4 oz. of tartaric acid, and 5 oz. of carbonate of soda.

The acid and soda must be intimately mixed with the flour in fine powder, the butter and lard rubbed in the flour in the usual way. Make a bay with the flour and sugar, break in the eggs, beat them well up and make the whole into a dough, using a little milk or water to make it of the proper consistence. To one portion, put 4 lbs. of washed and picked currants; another, 6 oz. of ground ginger; a third, ½ lb. of ground bitter almonds; about 2 oz. of caraway seeds to another portion; and to the remainder add essence of lemon sufficient to flavour.

Make them into biscuits as before described, place them on buttered tins about a quarter of an inch asunder, and bake them in a sound but moderately brisk oven.

These biscuits keep well.

Scotch Short Bread.—2 lbs. of flour, 1 lb. of butter, 6 oz. of loaf sugar. Choose good mild salt butter, but fresh is to be preferred.

Rub and work the butter, sugar, and flour well together until the whole is mixed into a paste; if it is too short to make up, a little water or an egg may be added; then let it remain for half an hour in a cool place; weigh it into twopenny, fourpenny, and one shilling cakes at the rate of 1*s.* 2*d.* or 1*s.* 4*d.* per pound. Form into square cakes, varying in thickness from half an inch to an inch, according to their size, the largest being the thickest; make the sides straight with the dough scraper or a piece of wood, then with your finger and thumb form a small edge or ridge round the sides of each cake, place the first joint of the thumb against the first joint of the forefinger, and pinch it along the edge on the top, forming flutes or grooves with the thumb and the two joints. Dock the surface of the cake over, and scratch it with a fork in the centre to make it rough, lay on slices of candied peel and caraway comfits, place them close together on clean dry tins keeping the edges straight, and bake them in a moderate oven.

Ginger Cakes.—2¼ lbs. of flour, 1½ lb. of moist sugar, 1 lb. of butter, 6 eggs, 1 oz. of volatile salt, 1 oz. of ground ginger. Or,

1¼ lb. of flour, 10 oz. of moist sugar, 8 oz. of butter, 2 eggs, and sufficient milk to make a paste, 1 oz. of ginger, ½ oz. of volatile salt.

Rub the butter in with the flour, roll the sugar to break any knobs which may be in it, and mix well with the flour; pound the volatile quite fine, using some of the milk to dissolve it thoroughly, or when it

is pounded mix it with the eggs in the bay; make into a dough as others, taking care not to work it too much. Make fourteen penny cakes out of a pound of dough, mould them up under your hands into a round ball, and roll them out into flat round cakes about a quarter of an inch thick, place them on buttered tins two inches asunder, brush the tops over with egg, or egg and milk mixed together, lay a thin slice of preserved lemon or orange peel on each, and bake them in a moderate oven. The sugar for these biscuits should be good and dry, as they are required to open on the top the same as a Brighton biscuit (see observations in the following). These are often made from the Brighton mixture, with the addition of powdered ginger.

Brighton Biscuits.—4½ lbs. of flour, 2½ lbs. of moist sugar, ¼ lb. of butter, 2 oz. of volatile salt, 1 pint of water, and a few caraway seeds. Or,

2 lbs. of flour, 1 lb. of sugar, 2 oz. of butter, 1½ oz. of volatile salt, a few caraway seeds, ½ pint of water or milk.

Mix the sugar and flour together and sift it through a flour sieve, break any knobs which do not pass through, with the rolling pin on the board, rub the butter in with the flour and sugar, make a bay, pound the volatile salt quite fine, mix it with the water, and make the whole into a dough, keeping it in as loose and crumbly a state as possible until the whole is of an equal consistence, then mould it just sufficient to form the whole into a mass and no more, for the less this dough is worked or moulded the better, as an extra turn or two of the dough will often spoil the biscuits. It is usual to bake a few of these first to try them; and if they are too light, a little more flour and sugar should be added to the dough; and if they do not open or crack enough on the top, use a little more pounded volatile or sugar. Roll it out about a a quarter of an inch in thickness, and cut it out

with a plain round cutter, the same as used for spice cakes; place the cakes on tins which are well buttered, about two inches asunder, sprinkling the tins with a little water before they are put on, brush the tops over with milk, and bake them in a moderate oven. Use a mixture of flour and sugar to dust the dough with in rolling it out. The sugar required for these should be rich, dry, and of a coarse grain. The proportions I have given will be found to make a good biscuit if these instructions are followed.

Brighton Pavilions.—4½ lbs. of flour, 2 lbs. of moist sugar, ½ lb. of butter, 2 oz. of volatile salt.

Mix these as Brightons, cut them out about the same size, lay them on the board, and brush the tops over with egg and milk, spread some pieces of loaf sugar (about the size of peas,) and currants, mixed together on a flat tin or tray, and throw the biscuits on it, as for pavilion cakes; place them on buttered tins about two inches apart, and bake them in a moderately quick oven. These are sold at a halfpenny each.

Brighton Rocks.—2 lbs. of flour, ½ lb. of butter, ½ lb. of powdered loaf sugar, ½ lb. of currants, ½ oz. of volatile salt, 4 eggs, a cap of lemon-peel cut small, and a little essence of lemon, with sufficient milk to make a good "size dough." Or,

1½ lb. of flour, 6 oz. of loaf sugar, ½ lb. of butter, 2 eggs, and the rest milk, ¼ oz. of volatile salt, and essence of lemon.

These are best when mixed as directed for pound cakes or Africans; those who prefer it can mix them as the others. Pick or scratch the dough in bits with a fork, and place it in rather loose heaps on buttered tins, about 2 inches asunder; bake them in a moderately quick oven.

Make eight or ten penny rocks out of a pound of dough.

Cracknells.—This is a very old biscuit, the prin-

eipal innovation being in the shape and flavour; with regard to the latter I do not think that the moderns have made any improvement; however, on this point, let each judge for himself. In the sixteenth century, I find they are described as "Craeknells for breakfasts."

"Take 2 lbs. of fine sugar, 14 lbs. of fine flour, with 1½ lb. of sweet butter, 20 eggs beaten well together, white or red Lisbon wine, or sherry, enough to make all into a paste or dough, adding these spices—viz., cinnamon, cloves, ginger, mace, nutmegs, of each 1 oz. in fine powder, which work well into a dough; make the whole mass into little flattish round goblets, which boil first till they swim; then taking them up, put them into cold water for almost a quarter of an hour; take them forth and prick them, and bake them in a gentle oven, or one not too hot." In this form the "Easter cakes" are made in the Channel Islands, and of a similar preparation to craeknells.

In Nut's "Confectioner," published in the beginning of the present century, they are described as "Turtulong's fine, for breakfast;" in this receipt the spices and wine are omitted, and they are directed to be made into rings "almost as thick as your little finger;" after they are boiled "take them out, put them into cold water, and let them lie all night; take them out next morning and put them in a sieve, and drain all the water from them; put them on your plates;" they are baked in a hot oven.

The next form in which they were made was something approaching to a flat round biscuit, with the centre raised like a dome, and from this to the edge was grooved or fluted; this was accomplished by rolling the paste into round flat sheets as for biscuits, and pricking or docking them; these were placed on a tool called "a reel;" the bottom of the handle was concave, and round it, near the edge, were five or six

round pieces of wood or bars, so that the whole in appearance was not much unlike a wheel; the piece of paste or cake was laid on this, and formed by passing or putting the fingers between each of the bars, and pressing down the cake, which formed the sides in flutes, and with the thumb or fingers it was pushed into the cavity or hollow in the handle, and from this dropped into the boiling water. They are now principally made in the form of an oak leaf, by cutting the paste out with a cutter of that shape, and are composed as follows:—

9 lbs. of flour, 12 oz. of sugar, 8 oz. of butter, 1 quart of eggs when broken, ½ pint of milk, ½ oz. of volatile salt. Or,

7 lbs. of flour, 12 oz. of sugar, 8 or 12 oz. of butter, 1 quart of eggs, or 1½ pint of eggs, and ½ pint of milk.

The following mixture will produce an excellent Cracknell:—

6 lbs. of flour, 6 oz. of butter, 10 oz. of sugar, ¼ oz. of volatile salt, ¼ pint of water to pound it with, and 1 quart of eggs.

Rub the butter in with the flour, make a bay, and put in the sugar in powder, with the eggs, beat the whole together with your hands until they are well mixed, or the eggs and milk and sugar may be previously well beat up in a pan or basin with a whisk, and poured into the bay. Make the whole into a dough of moderate consistence; if it is too tight, add a little milk, or they will be bound, and not "spring" so well in the oven; it is better, if anything, that it should be rather soft than hard and stiff; *brake it well, and let it be quite clear and smooth*, roll out the paste into sheets a quarter of an inch or rather more in thickness, dock over the surface with the captains' biscuit docker, *but not too thick*, so that each biscuit when cut out may have five or six holes in it; cut them with a cutter in the form of an oak leaf;

lay them on a tray in rows as you cut them, and keep them covered with a damp cloth; have a copper or saucepan of water on the fire boiling, take those which were cut out first, and throw them one at a time into the water with the face of each upwards; the water must be kept continually *boiling*, but not on the full boil. As they rise to the top, be careful to turn each biscuit with the face uppermost; let them remain in this way for two or three minutes for the edges to turn up, then take them out with a skimmer and throw them into a pail of cold water, which should be kept by the side of the copper for the purpose during the time of boiling them. When part of them are boiled, pour off the water in the pail, and put them into a tub or pan of clean cold water, and continue in this way until they are all done.

Where a large quantity of cracknells is made, a great saving of labour may be effected by having three or four wicker sieves to suit the size of the copper, like chaff sieves, with a piece of wire across the top for a handle, and have a boy to lay the biscuits over the bottom of each sieve. As they are filled with biscuits, they can be put into the boiling water, and be suspended or held in it by the wire handle until they are done. By this means they can be put in and taken out of the water at one time, without some being more done than others.

Observe.—If they are not boiled enough, they will become soft whilst laying in the cold water; and if they remain in it too long after they are boiled, they will spread too much in the baking; if not long enough, they will "appear bound."

About two hours, or two hours and a half at the most, I find, will produce the best cracknells. Those made from tight dough may require a little longer time to soak.

When they have lain in the water the proper time, pour them into a sieve or strainer to drain; some

persons spread them on a sack or cloth before putting them on the tins; this is not material, as it only serves to dry the bottoms, that they may not slide about. Put them on clean tins, slightly buttered, about two inches asunder, and bake in a moderate oven; at first, leave the door open a little for five minutes, to allow the edges to curl up, then close it until they are nearly baked; these require to have great attention paid to them in the baking, for if they are not baked enough the surface will become wrinkled. It requires some experience to know when they are done enough; when baked, they should be placed in the drying-stove for a few hours.

Wine Biscuits.—4 lbs. of flour, 12 oz. of butter, 12 oz. of sugar, 1 oz. of volatile salts, and a few caraway seeds.

Rub the butter in with the flour, make a bay, add the sugar, and the volatile salt pounded fine, mixed with a little milk to dissolve it; make the whole into a moderate stiff paste with milk, roll it out into sheets an eighth of an inch in thickness, and dock over the surface very thickly with a seed docker, which is the same shape as a captains' docker, but the wires are smaller and closer together; cut them out with a plain round cutter two inches in diameter, and place them on buttered tins nearly touching each other: bake in a brisk oven.

Seed Biscuits.—7 lbs. of flour, 1 lb. of moist sugar, 1 lb. of butter, 4 oz. of volatile salt, ½ oz. of caraway seeds, 1 quart of water or milk. Or,

6 lbs. of flour, 12 oz. of sugar, 12 oz. of butter, ½ oz. of seeds, from 4 to 6 oz. of carbonate of ammonia.

Mix as the last. Some persons use with these either a little bread dough or some yeast. This is superfluous, as they are equally as good without it. Some also brake the dough, and others allege that it is not required; however, it works more mellow and easy when not braked, provided the dough is well

mixed; but avoid working it too much to make it tough, as it is then very difficult to roll out. Roll it into thin sheets the tenth of an inch in thickness, dock the surface over very thickly, and cut them out with a large round cutter; they are occasionally cut out with a smaller cutter, and docked separately instead of "in the sheet," leaving it, in this case, a little thicker; place them on buttered tins, wash the tops with egg, and bake them in a quick oven.

Small Seed Biscuits are made from the same mixture, using loaf sugar instead of moist; roll the sheet rather stouter, dock the surface over very thick, and cut the cakes out with a small round scolloped cutter, the same as used for small Derbies, wash the top with egg, and bake them in a quick oven.

Stratford Cakes.—8 lbs. of flour, 4 lbs. of East-India sugar, 8 oz. of butter, 1½ oz. of volatile salts, ½ oz. of powdered cassia or allspice, and 1½ pint of water, full measure. Or,

4¼ lbs. of East-India sugar, 1 lb. of butter, 2½ or 3 oz. of volatile salt, ½ oz. of spice, 1 quart of water, with sufficient flour (about 10 lbs.) to make the whole into a dough of moderate consistence.

Pound the volatile fine in a mortar, using some of the water to dissolve it thoroughly; put this with the sugar and water into a pan, and let it soak for an hour or two, before using; stirring it occasionally. Make a bay with the flour, cream the butter in the middle of the bay, as you would for pound cakes, and at first mix in some of the syrup by degrees with it, then pour in the remaining portion, and mix the whole together; work or mould the dough as little as possible, especially when mixing in the cuttings of one sheet with the dough for another; roll it out in sheets from a quarter to half an inch in thickness, cut the cakes out with a plain round cutter, having the word Stratford, and occasionally the maker's name inside the cutter. Place them on buttered tins, about

two inches asunder; wash the tops with milk, and let the brush be very clean, especially free from egg, or it will cause the surface to blister; bake them in a brisk oven; as soon as they have sufficient bottom, they are done; the tops should be of a pale brown. These are sold at a halfpenny each.

Victoria Cakes.—These are made out of the Stratford mixture; the dough is rolled out rather thinner, and they are cut out with an oval scolloped cutter with the word Victoria across it; wash and bake them as Stratfords.

Dutch Butter Cakes.—4 lbs. of brown sugar, 2½ lbs. of butter, 8 lbs. of flour, 3 oz. of carbonate of soda, 1½ oz. of ground cassia, with sufficient water to make the whole into a moderately stiff paste. 1 oz. of carbonate of ammonia (volatile salt) may be used instead of the soda.

Roll the dough into thin sheets, and cut it into cakes with a spice cake cutter, as Shrewsburies. Place on buttered tins, and bake in a cool oven.

English Butter Cakes.—8 lbs. of flour, 4 lbs. of good foots sugar, not too dark, 3 lbs. of butter, 3 oz. of carbonate of soda, or 1 oz. of volatile, 2 oz. of ground cassia, and sufficient water to make a paste. Proceed as for the last.

Farthing Butter Cakes.—Use the same proportions as for the last, adding also 5 lbs. of common light gingerbread dough. Make the whole into a tight dough, and bake a few first to try them. If they are not "free" enough, work into the dough a little more carbonate of soda. The judgment of the workman must direct him how much.

Roll the dough very thin, and cut into cakes with a spice cake cutter. Bake in a cool oven on buttered tins.

Almond Biscuits—are made from the same preparation as the last. When the paste is rolled into sheets, cut it into strips from 3 to 4 inches wide.

Make some iceing with whites of eggs and finely powdered loaf sugar, and spread it thinly over the surface, then cut the strips into pieces about ¾ inch wide, place on buttered tins rather more than ½ inch asunder, and bake in a cool oven.

These may also be made from the Dutch butter cake mixture, and the iceing be flavoured with a few drops of essence of almonds.

Bath Cakes.—6 lbs. of flour, 3 lbs. of good moist sugar, 2 oz. of butter, 1½ oz. of volatile salt, 1¼ pint of milk or water.

Prepare and mix as for Stratfords; roll the sheets out rather thinner than for Victorias, and cut them out with a round scolloped cutter; the interior of some have one or two rings. Place them on buttered tins, wash the tops with milk, and put a few currants in the centre of each; bake them in a hot oven. These are sold at a halfpenny each.

Small Bath Cakes, or White Eights.—4 lbs. of East-India sugar, 6 oz. of butter, 2½ oz. of volatile salt, 1 quart of water. Or,

4½ lbs. of East-India sugar, 2 oz. of butter, 2 oz. of volatile salt, 1 quart of water.

Soak the sugar, pounded volatile, and water together for some time before using, as for Stratford cakes. Rub the butter in with some flour, and use sufficient to make the whole into a paste of moderate consistence; this may be used for any sort of Bath goods. The first mixture requires a hot oven, and the second rather a cool heat; wash the tops of the cakes with water or milk, and let them remain a few moments before they are put in the oven, or they will be likely to blister.

White Toys.—5 lbs. of good East-India sugar, 2 oz. of butter, 2½ oz. of volatile salt, 1 quart of water, and sufficient flour to make a dough of moderately good consistence.

Prepare and mix as the preceding; cut them out

from toy blocks, as directed for rout biscuits, passing the knife over a damp cloth, each time before cutting off the superfluous dough; care should be taken that the dough is not moulded any more than is barely necessary, but merely folded over each time, or it will become tough, when it will shrink up in the impression, and be very difficult to work. Place them on buttered tins, so as not to touch each other; wash the tops over with water, and bake them in a very hot oven; when they are a nice pale brown, they are done. In some provincial towns they are baked in a cool oven, so that they appear quite white, and are dotted over with colours, generally blue and pink, after they are baked. A very good mixture for young beginners may be made as follows, as it will bear more working without getting tough.

2 lbs. of common loaf, or East-India sugar, 1 pint of water, 2 oz. of butter, 4 lbs. of flour, 1 oz. of volatile salt.

Prepare this as directed for walnuts or rout biscuits. This is a similar mixture to that used in country towns, with half the quantity of volatile salt.

Cutters in fancy shapes are now used for these toys instead of "blocks."

White Parliament.—5 lbs. of sugar, 1 quart of water, and sufficient flour to make a dough, not too tight at first, as the flour used in "rolling out the sheets" will help to make it so. Or,

4 lbs. of sugar, 2 oz. of butter, ½ oz. of volatile salt, 1 quart of water, and sufficient flour to make a dough.

Soak the sugar, and mix as before directed for Bath cakes, roll it out into very thin sheets, and cut it into square cakes; place them on clean dry tins, and bake in a slow oven; let it be as white as possible, or else with a slight tinge of colour.

Note.—The whole of these doughs for "sheeting goods" require to be worked or moulded as little as

possible; it makes the dough tough when much handled, and it is seldom that the articles then turn out good.

SECTION IV.—POUND CAKE MIXTURES.

PREPARATIONS FOR MAKING.

When a mixture of pound or sponge cakes is to be made, first get everything ready that is required. The butter, if salt, to be washed, and well worked to get out the water, then weighed and put into the pan to warm. The sugar pounded, sifted, and weighed; eggs broken separately into a cup, and each tried by smelling; if they are good, then put them together into a pot or basin; peel cut; currants cleaned, washed, picked, and weighed; flour weighed and sifted; volatile salt weighed, pounded, &c. Most of these things should be placed separately on pieces of clean paper or in pans; the flour, currants, spice, and peel may be mixed together.

In winter the basin containing the eggs should be placed in some hot water to warm, otherwise the mixture may get cold and be heavy; the currants, peel, and flour may be warmed in the proving oven, while the sugar, butter, and eggs are being mixed.

Cakes that are required to be iced, should be baked in hoops with straight sides, and be papered evenly; it will be found very inconvenient to put on the icing if the cake slopes in towards the bottom, and nearly so if not quite round or if larger at the bottom than the top.

Large cakes should also be baked on two plates or baking sheets, with sawdust or fine ashes, half an inch deep, covering the bottom one; and if the cakes are very large, a tin or stiff paper tube, buttered, should be put in the centre to facilitate the baking.

Before cutting an iced cake, first cut the icing with

a small sharp knife; the large knife required to divide the cake will crack and break the icing.

Eggs are usually reckoned at 8 to the pound; each egg if of moderate size will weigh about two ounces; very large ones will of course weigh more, and small ones less than two ounces, according to the size. A pint of eggs will weigh a pound and a quarter. The shells from a pound of eggs will average about two ounces, leaving fourteen ounces of eggs when they are broken, therefore it will take nine good size eggs to make a pound, when deprived of their shells.

Common Pound Cakes.—1 lb. of butter, 1 lb. of sugar, 1 lb. of eggs, $1\frac{3}{4}$ lb. of flour, $\frac{1}{2}$ a teacupfull of milk, $\frac{1}{2}$ oz. of volatile salt. Or,

$1\frac{1}{4}$ lb. of butter, $1\frac{1}{4}$ lb. of loaf sugar, 1 pint of eggs, $\frac{3}{4}$ oz. of volatile salt, a teacupfull of milk, or $\frac{1}{3}$ pint, and 3 lbs. of flour; some use 1 oz. of volatile.

Have a very smooth glazed earthen pan, make it about blood warm, and cream the butter into it, stir in the sugar, and continue to work it until it feels and appears white, then stir in the eggs gradually; before they are all in, add a part of the flour, and mix it with the remaining portion of the eggs well together; then pour in the volatile salt, which should be previously pounded and dissolved in the milk; mix this well, and afterwards the other part of the flour lightly. Have the small round or heart pans buttered, half or three parts fill them, put a few currants on the top, and bake them in rather a quick oven.

Another Method, more common.—1 pint of eggs, 1 lb. of loaf sugar, 6 oz. of butter, 2 lbs. of flour, $\frac{1}{2}$ oz. of volatile salt.

Cream the butter in a pan as before, beat the eggs and sugar well together, add the volatile in a fine powder, stir these in with the butter, add the flour, and mix the whole together with a spoon; fill the pans, and put a few currants on the top as before. It is usual to try a few of these first, to see if they

break sufficient in the centre, and rise with a white top; if they do not, the mixture is too rich, when a little more flour should be added, or a little more flour with an egg, or some milk, and be well stirred in.

Another.—3 lbs. of butter, $3\frac{1}{4}$ lbs. of East India sugar, $6\frac{3}{4}$ lbs. of flour, $\frac{3}{4}$ of a pint of liquor, $1\frac{1}{2}$ pint of eggs, 3 oz. of volatile salt.

This mixture improves by being kept in a warm place for an hour or two after it is made up, before filling the pans.

Lafayette Cakes.—$\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. of sugar, $\frac{1}{2}$ lb. of flour, 6 eggs, $\frac{1}{4}$ oz. of volatile salt pounded fine.

Mix as pound cakes. Bake them in round flat tins about a quarter of an inch deep, or drop some of the paste on white-brown paper, and spread it out into a round thin cake, six inches in diameter; this will make twelve cakes; bake them in a moderate oven on tins; take them off the paper when baked; spread some raspberry or other jam on the surface of two of them, and put three together; trim round the edges with a knife, and divide them into four, six, or eight parts, according to the price they are sold at.

Madeira Cakes or Buns.—1 lb. of flour, 1 lb. of butter, 1 lb. of powdered loaf sugar, 12 eggs, the peel of 3 lemons rubbed off on sugar, or a little essence of lemon, 8 or 12 oz. of citron peel cut small, 1 nutmeg grated, the same quantity of pounded mace and cinnamon, and a glass of brandy.

Mix as other pound cakes, and put the mixture either into small or large round hoops, with paper over the bottom and round the sides; bake them in a moderate oven; allow ten or twelve ounces of this mixture for a shilling cake.

No. 2.—$1\frac{1}{2}$ lb. of sifted flour, $1\frac{1}{2}$ lb. of powdered loaf sugar, 1 lb. of good butter, 12 eggs, the rinds of 2 lemons grated on sugar and scraped off, $\frac{1}{2}$ a nutmeg grated.

No. 3.—2 lbs. of butter, $2\frac{1}{3}$ lbs. of sugar, 3 lbs. of

flour, 18 eggs, a little pounded mace and cinnamon, and a wineglassfull of rum.

No. 4.—As made at Brighton. 1¼ lb. of butter, 1½ lb. of sugar, 1 lb. 10 oz. of flour, 12 eggs, a little essence of lemon, peel on top.

Mix as the former; twelve ounces of this mixture are allowed for a shilling cake; put into nicely papered hoops six inches in diameter, spread them out to the sides of the hoops, dust with finely powdered loaf sugar, put some large thin slices of citron peel on the top, and bake them of a delicate brown, in a moderately cool oven.

Madeira Drops.—12 oz. of finely powdered loaf 10 oz. of butter, 1 lb. of flour, 8 eggs, ½ a grated nutmeg, and a little essence of lemon. Mix as the last. Drop them on white-brown paper about the size of a five-shilling piece, and bake in a moderately quick oven.

Queen Cakes.—1¼ lb of fine flour, 1 lb. of loaf sugar, ½ lb. of currants, 9 eggs, and a small bit of volatile salt. Mix as before directed for pound cake; let the pans be nicely cleaned and buttered, but not too much; fill them, dust the tops with sugar, and bake in a moderately quick oven. These may be made plain by leaving out the currants.

Seed Pound Cake.—1¼ lb. of flour, 1 lb. of fine sugar, 10 eggs, and 1 oz. of caraway seeds. Allow 12 or 14 oz. of this mixture for a shilling cake.

Fruit Pound Cake.—The same as the last, adding 1½ lb. of currants instead of the seeds, with a small bit of volatile salt. Sultana raisins may be used instead of currants; it is then called *Sultana cake.*

Plain Pound Cake.—1 lb. of butter, 1¼ lb. of sugar, 1¼ lb. of flour, 10 eggs, and a small bit of volatile salt.

Wedding Cake.—1¼ lb. of flour, 1 lb. 2 oz. of butter, 1 lb. of moist sugar, 4 lbs. of currants, 1½ lb. of mixed peel, 2 nutmegs grated, ½ oz. of ground cinnamon, 10 eggs, ½ lb. of blanched sweet almonds

cut in halves or fillets, and a wineglass of brandy. Mix as before directed.

Rich Twelfth Cake.—The same as wedding cake.

In olden time a bean and a pea were introduced into the cake, to determine who should be king and queen of the evening festivities.

Rich Seed Cake.—14 eggs, 1 lb. of butter, 1 lb. of powdered loaf sugar, 1¼ lb. of flour, 2 oz. of caraway seeds, ½ lb. of sweet almonds cut in fillets, and ¼ oz. of cinnamon and mace finely pounded with some of the sugar. Mix as other pound cakes, and bake in one large or several small hoops. Bake the large cake in a cool oven, and the smaller ones in a more brisk heat.

Rice Pound Cake.—1 lb. of butter, 1 lb. of sugar, 10 eggs, 12 oz. of fine flour, 8 oz. of ground rice.

No. 2, very rich.—2 lbs. of butter, 1½ lb. of sugar, 1½ lb. of eggs, 1½ lb. of fine flour, 1lb. of rice flour, 3 lbs. currants, 1½ lb. preserved peel, 2 nutmegs grated, and a little milk.

Mix as other pound cakes, and bake in the usual way, or in oval tins instead of round ones.

Common Fruit Cake.—3 lbs. of butter, 2 lbs. of good moist sugar, 24 eggs, 6 lbs. of sifted flour, 4 lbs. of currants, 1½ lb. of preserved peel cut in thin slices, 2 oz. of mixed spice, 1 pint of warm milk, and ½ oz. of volatile salt pounded fine and dissolved in the milk. Mix as directed for common pound cakes.

Genoa Cake.—This is now made in a very different way from what it was when first introduced into this country; it was then composed as follows:—To 4 oz. of blanched sweet almonds, finely pounded, add 6 oz. of flour, 8 oz. of finely pounded loaf sugar, 8 oz. of good butter, 4 eggs, and a spoonfull of brandy. These ingredients are to be mixed the same as pound cake. For variety, currants, preserved citron or orange peel, vanilla, or maraschino liqueur may be used to flavour. The following is the modern mode:—1 lb. of butter,

1 lb. of sugar, 1¼ lb. of flour, 2½ lbs. of washed and picked currants, 1½ lb. of preserved orange and lemon peel cut small, 1 lb. of eggs. Mix as pound cake.

Citron Genoa Cake.—Use the same proportions as the last, substituting Sultana raisins for the currants, and citron peel for the lemon and orange.

Mix as pound cake; cover a baking sheet, having edges, with paper, so as to form a kind of case; spread the mixture over about an inch, or rather more, in thickness, make it smooth on the top, and strew some blanched and chopped sweet almonds rather thickly over; bake in a moderately heated oven. When cold, cut it in twopenny or larger slices. This is usually sold about 1*s.* 8*d.* per pound.

Nuns' Biscuit.—1 lb. of butter, 2 lbs. of sugar, 12 eggs, 1 lb. 8 oz. of flour, 8 oz. of almonds.

Mix as pound cake, put them in small tins buttered, and bake in a good oven.

See also nuns' biscuit (page 82) in the next section.

Citron Pound Cake.—1¼ lb. of butter, 1 lb. 2 oz. of sugar, 1¼ lb. of flour, 6 eggs, and 4 yolks of eggs, 8 oz. of preserved citron, and a wineglass of brandy.

Mix in the usual way, and make into square cakes of any size. Cut the citron into long thin pieces, and put two or three layers in each cake. Dust the tops with powdered sugar, and bake in a moderate oven. These will be found very nice rich cakes.

Citron Heart Cakes.—1 lb. of butter, 1 lb. of sugar, 1 lb. 2 oz. of flour, 4 oz. of citron peel cut small. Mix as pound cakes, and bake in penny heart tins, dusting the tops with sugar before they are put into the oven.

Orange and Lemon Heart Cakes—can be made in the same way, using the preserved peel of either instead of the citron.

A Plum Cake (Unfermented).—1½ lb. of powdered loaf sugar, 8 oz. of raisins, stoned and minced, or use Sultana raisins instead, 8 oz. of currants, 8 oz.

of blanched sweet almonds cut in fillets, 12 oz. of butter, 2 lbs. of flour, and nearly ½ pint of milk, ½ oz. of mixed spice, ½ oz. of carbonate of soda, and 3 drams of hydrochloric acid.

Mix as pound cake, bake in papered hoops, smooth the top of each cake, and strew over caraway comfits. Large cakes will require to be baked in a cool oven; smaller ones in a brisker heat.

The carbonate of soda should be dissolved in the milk, and the acid added to a little water or a portion of the milk; or the soda may be mixed with the sugar, and the acid with the milk, which should be added at the same time with the flour. See common pound cakes (page 69).

Jones's patent flour may be used for all cakes of this description (see Advertisement).

Penny Pound Cakes.—1 lb. of butter, 1 lb. of loaf sugar, 1½ lb. of flour, 9 eggs, ¼ pint of milk, ¾ oz. of carbonate of soda, 6 drams of muriatic acid.

Mix as common pound cakes, and bake in round buttered tins, put a few currants on the top, and bake in a moderately brisk oven.

The soda may be added with the sugar, or it may be dissolved in one portion of the milk, and the acid in the other; then, after the butter, sugar, and eggs are well mixed, stir in either the soda or acid with a portion of the flour, and then the other with the remaining portion.

These cakes I found would rise much better, and break with a "nice white head," by the mixture remaining, when finished, from one to two hours in the pan, in a warm place. The cakes made this way, eat and keep much better than when made with volatile salt, but they do not look so large.

Larger cakes, such as sixpenny, shilling, &c., are excellent made in this way, and are sold as "Unfermented Cakes," "Dover Cakes," &c.; currants, peel, or caraway seeds being added to some for variety.

Scotch or Dundee Seed Cakes.—1¼ lb. of butter, 1¼ lb. of sugar, 2 lbs. of flour, 18 eggs, 2½ lbs. of orange or citron peel, ¼ lb. of blanched almonds, 5 oz. of caraway seeds.

Make as Madeira cakes, and strew some very large Scotch caraways over the top.

SECTION V.—SPONGE MIXTURES.

Sponge Cakes.—1 lb. of eggs, 1 lb. of powered loaf sugar, 12 oz. of flour. Or,

1lb. 2 oz. of eggs, 1 lb. of sugar, 14 oz. of flour.

Provide a clean, smooth, glazed earthen pan, or a round bottom copper pan, place the first in the oven to warm, with the sugar in it; when warm enough, which will be in about five or ten minutes, according to the heat of the oven, break in the eggs, and whisk them well with a birch or iron wire whisk; or it may be heated in the copper pan over a fire, or in the earthen pan by placing it in a pail of hot water. By each way, the end required is, to heat the mixture until it is blood-hot. As soon as it has attained this heat, remove it, and continue whisking it until cold, when it should be light, white, and stiff, the surface appearing full of air bubbles; if it should not come up very well, heat it again as before, and whisk it till cold. A half egg-shellfull of hot water may be added with advantage to each pound of mixture, when it is about half up, which will often save the trrouble of its being heated again, and more cakes may then be made out of it. When it is finished, take out the whisk, sift the flour, and stir it in lightly with a spoon or spatula. In large mixtures, I prefer using my hand for this purpose, as I find that it can be mixed in much lighter and more evenly. This cannot be accomplished so perfectly with a spoon, without stirring the mixture too much, which will make it rather heavy.

Have some pans or frames nicely and evenly buttered;

most persons prefer that the frames should be well dusted with fine powdered sugar, or sugar and flour, after they are buttered, which gives them a smooth surface. Put a spoonfull in each pan; dust the tops with sugar, and bake them in a moderate oven. This mixture should produce four dozen of penny sponge cakes.

In making Savoy or other large cakes, the "scraping of the pan," that is, that part of the mixture which adheres to the side of the pan after the bulk has been taken out, should not be used, as it forms a hard core in the cake, neither does it soak or bake well. Savoy biscuits, and all other sorts of drops which contain it, crack or open on the top, instead of remaining with a whole smooth surface; there is no loss attached to its not being used, as it will serve to enrich buns or other things of a similar nature. Those made by the above directions are termed hot mixtures; but they do not keep so well as those made cold. At the end of a week, those done without heat will be quite moist, whilst the others will be dry and stale; yet those made hot have an advantage over the others, as more biscuits or cakes may be made from it provided it is properly beat.

Cold Mixtures are made by carefully separating the yolks of the eggs from the whites; put the latter into a clean pan, and whip them to a strong froth, so as it will bear an egg; then stir in the yolks, afterwards the sugar gradually, and continue whisking until the whole is well mixed; lastly, stir in the flour very lightly. It will be necessary to observe that everything used about these mixtures must be perfectly free from grease.

Savoy Cakes.—Make as sponge cakes.

Almond Savoy Cakes.—8 oz. of blanched and dried sweet almonds, 4 oz. of blanched bitter almonds, 12 oz. of pounded loaf sugar, 8 oz. of flour, ½ pint of whole eggs, and 1 pint of yolks of eggs; 1 lb. of sugar may be preferred by some to 12 oz.

Pound the sugar and almonds together, and pass them through a moderately fine wire sieve, put these into a mortar or pan, add the yolks, and mix well until it appears white, then add the whole eggs, and continue mixing as before; or it may be done as sponge cakes. When the mixture is quite light, stir in the flour lightly. Have the moulds ready cleaned and buttered, dust them with flour, and three parts fill them. Tie buttered paper round the edge of the moulds, and bake in a moderate oven.

Almond Heart Cakes—may be made the same, using deeper pans than ordinary. Those used by confectioners for this purpose have no bottoms; a level plate is covered with paper, and the buttered tins put on it and baked.

Savoy Biscuits and Drops.—1 lb. of eggs, 1 lb. of sugar, 1 lb. of flour; flavour it with essence of lemon. Mix and prepare as for sponge cakes; have a small pipe or funnel attached to a bag made either of bed-ticking or a bullock's bladder, half or three parts fill this, and lay them off in lengths, about three inches long, on whited brown paper; sift some fine powdered loaf sugar over them, so that the tops may be covered with it; take the paper by the two corners, and shake off all that does not adhere to the biscuits; this is termed icing them; place them on a clean tin, and bake them in a moderately warm oven. Some of the mixture may be also made into round drops. When they are baked, wet the back of the paper, take off the biscuits, and put the bottoms of two together.

Italian Tea Biscuits.—Take the same mixture as for Savoy biscuits, make them in round drops with the bag and funnel, on whited brown paper; vary them by putting on the tops of some a few currants, on others a few blanched sweet almonds chopped small, a little citron or lemon peel cut small, or a few caraway seeds; dust the tops with sugar; and bake them in a moderate oven. When baked, wet the

paper, take them off, and put the bottoms of two together.

About two hundred years since, the proportions for these cakes were: 1 lb. of sugar, 1 lb. of flour, 6 eggs, and ½ oz. of aniseeds in powder; dropped round on buttered tins, the tops being quite plain.

Tea Drops.—As the last; make them about the size of a five-shilling piece, and dust the tops lightly with sugar, that the surfaces may appear cracked; take them off the paper, and keep them separate.

Fruit Biscuits.—6 whole eggs, 6 yolks of eggs, 1 lb. of sugar, 1 lb. of flour.

Mix as sponges; drop them on paper about the size of a shilling, dust the tops with sugar, bake them as the others; take them off the paper, spread some preserved fruit or jam over the bottom, and put two together. These may afterwards be iced, and coloured to represent peaches, &c.

Judges' Biscuits.—10 eggs, 1 lb. of sugar, 1 lb. of flour, and a few caraway seeds. Or,

8 eggs, 4 yolks, 1 lb. of flour, 1 lb. of sugar, and a few seeds.

Make as for sponges; drop them on paper, the same size as tea drops, dust the surfaces well with sugar, and bake as the others; take them off the paper; they may be kept separate or put together.

French Savoy Biscuits.—Take the second mixture for judges' biscuits, and make them as directed for Savoy biscuits.

Italian Cakes.—Take the same mixture as for judges' biscuits, leaving out the seeds, and flavour it with essence of lemon; have a tin or wooden ring with a handle to it; let it be three inches wide, and the eighth of an inch thick; place a sheet of paper on a clean tin, put the ring on it, and fill it with the batter, smoothing over the surface with a knife; put the knife underneath the edge, and remove the ring; lay off as many as you can on the paper, without touching

each other, bake them in a hot oven; when they are baked, wet the back of the paper, take them off, and put two together. Dry them in a stove or cool oven; when dried, they should be kept in a dry place; and they will keep good for some months.

Roll Sandwich, or Swiss Pudding.—16 eggs, 12 oz. of sugar, 12 oz. of flour. Or,

16 eggs, 14 oz. of sugar, 12 oz. of flour, 1 oz. of butter chopped very small in the flour, 2 oz. of bitter almond, ground.

Mix as for sponge cakes, observing to whisk the eggs and sugar well together, that the mixture may be of a good thickness or consistence before the flour is added, which should be stirred in lightly.

Lay two pieces of white demy or other paper, seven or eight inches wide, and about two feet long, on two clean baking sheets (tins). Pour the mixture from the pan the whole length of the paper on each tin; spread it a little with a knife, so as the batter may be nearly half an inch in thickness, and to make the edges straight.

Bake them in a moderately warm oven, observing that they should be done enough, but *not too much*, or they cannot be well rolled.

Have ready prepared, by the time they are baked, some raspberry jam and orange marmalade in separate basins, "thinned" with a little water, being careful that it is not too much so, or it will soak through the cakes and spoil their appearance.

As soon as the cakes are baked, turn them over on a clean *dry* board or paper; take off the paper they were baked on, spread marmalade over one of the cakes, and jam over the other, and roll them up. When rolled, brush over the top of each cake lightly, with a brush dipped in clean water, so as just to moisten the surface, and roll them, as they are done, in some coarse grains of loaf sugar. Cut them in slices according to the price they are to be sold at.

Scarborough Water Cakes.—8 eggs, 1 lb. of sugar, 1 lb. of flour, and sufficient ground cinnamon to flavour it.

Mix as sponges; lay them off with a ring, the same size as Italian cakes, dust the tops with sugar, and bake them in a moderately quick oven; put two together, or they may be kept single; these are not to be dried.

Lord Mayor's Cakes.—8 lbs. of eggs, or 64 in number, 8 lbs. of sugar, 7 lbs. of flour, and flavour with essence of lemon.

Mix these as sponge cakes, drop them out about two inches in diameter, with a large bag and funnel, on stout paper, dust the tops lightly with sugar, and bake them in a hot oven; when they are baked cut them off the paper with a thin knife. The original receipt for these is—1 pint of yolk of eggs, ½ pint of whole eggs, 1 pint of water, 3 lbs. of coarse powdered sugar or corings (this is the coarse grains of pounded sugar left after all the finest have been sifted out), 3¼ lbs. of flour. Mix as for sponge cakes, warming the mixture twice, stir in the flour very lightly; the tops are not dusted with sugar, or but slightly. These are seldom made at any place except in the City of London, where they are used at the civic feasts, with "the servicss," which is a small packet of cakes and sweetmeats for each freeman, and those persons who dine at the various halls. They are given to them on their leaving These are a remnant of our ancient English hospitality.

Biscuit Drops.—2 lbs. of sugar, 6 eggs, 8 yolks of eggs, 2 lbs. of flour, ½ pint of water, (originally Canary or Lisbon wine was used instead of water,) and a few seeds.

1 lb. of sugar, 1 lb. 2 oz. of flour, 6 eggs, ½ a tea-cupfull of hot water, and a few seeds.

Mix the sugar, eggs, yolks, and water together, and make as sponges; drop this mixture on wafer

paper in drops about as big as a shilling; dust the tops with sugar, and bake them in a moderately warm oven.

Another way.—7 eggs, 1 lb. of loaf sugar, 1 lb. 2 oz. of fine flour, and a few caraway seeds. Heat this mixture twice during the beating, and then proceed as before.

Naples Biscuits.—1 lb. of sugar, 1 lb of eggs, 1 lb. of flour, (originally, two table-spoonfulls of rose-water and a few caraway seeds were added,) and half a tea-cupfull of warm water.

Mix as sponges; paper some small long narrow tins with white paper, put in a spoonful of the mixture, ice the tops, and bake them in a moderate oven.

Diet Bread Cakes.—These are similar to the last, but baked in larger tins for sixpenny and shilling cakes; or the diet bread mixture may be used for these.

Leamington, Victoria, or Albert Cakes.—Sponge cake mixture baked in narrow oval tins holding about ¼ lb. of batter each. The tins are to be well buttered; the bottom and sides strewed thickly with currants, and four or five pieces of citron peel placed on the top of each cake; then dusted with loaf sugar, and baked in a moderately heated oven, the same as for sponge cakes.

Rice Cakes.—As sponge cakes, using part ground rice instead of flour. Bake them in small square tins for sixpenny and other size cakes. The pans should be previously carefully buttered, and dusted with finely powdered sugar and flour.

Or, take the weight of 8 eggs of powdered loaf sugar, the weight of 2 eggs of wheat flour, and 6 eggs of rice flour, and proceed as just described.

Arrowroot Cakes.—As rice cakes, using arrowroot instead of ground rice.

The Nuns' Biscuit.—"An old receipt improved by the author." 1 lb. of blanched sweet almonds ground

or pounded fine with 2 lbs. of loaf sugar, and passed through a moderately fine wire sieve, 8 oz. of citron peel cut small, the yellow rinds of 4 lemons grated off, 8 oz. of flour, and 12 eggs.

Separate the yolks from the whites and beat the latter to a stiff froth, put the yolks with the sugar and almonds into a pan, and stir well together with a wooden spoon, until it appears rather white and light, then stir in the whites, and afterwards the flour and peel very lightly, so that the whole may be perfeetly mixed. Have ready buttered some oval, round, or other shaped small pans, similar to Queen's eake pans, but rather deeper; three parts fill them with the mixture, dust the tops with powdered loaf sugar, and bake in a moderately heated oven, the same heat as for sponge eakes. For variety, about 4 or 6 oz. of the almonds may be eut into fillets and added with the peel, instead of the whole being pounded fine.

Common Sponge Drops (usually sold in the streets and at fairs).—1 pint of eggs, 1 lb. of moist sugar, 2 lbs. of flour, ½ oz. of volatile salt.

Mix the eggs and sugar together, as for sponges, add the salt finely powdered; this will not get thiek and white like the other mixtures, as the volatile salt prevents it; stir in the flour, drop them on buttered tins, put a few eurrants on the top, and bake them in a moderately warm oven; take them off the tins with a knife.

Halfpenny Sponge Cakes.—1 lb. of East India sugar, 8 large or 9 middle-sized eggs, ½ pint of liquor, 1 oz. of volatile salt, 2 lbs. of flour. Make, and bake in buttered tins, as sponge eakes, only they do not require so mueh whisking.

SECTION VI.—GINGERBREAD.

GENERAL OBSERVATIONS; EXPERIMENTS THEREON.

This is a favourite article with many nations. In India it is in great request, and large quantities of the best sort are sent from this country to our Anglo-Indian brethren; there is no doubt that it is of an Asiatic or Eastern origin, as the natives of these countries are extremely fond of sweetmeats and spiced bread. The Rhodians, we are told, had a particular kind of bread sweetened with honey, so exquisitely pleasant, that it was eaten with other delicacies after dinner; this probably is similar to that now known as Honey, Queen's, or German gingerbread, or the spice-bread (*pain d'epice*) of the French; this last used to be made with barley flour, or sugar, honey, and spice; when baked, the top was washed over with the scum taken off sugar in refining houses. The gingerbread of the ancients appears to have been, according to *Monteil*, rye bread, kneaded with spice and honey or sugar.

The taste for this sort of bread appears to have been univesal, but carried to the most excess in Holland, where it is considered the best sort is made. It is stated, that the success of a person who wishes to ingratiate himself with a family often depends, in no small degree, on the quality and quantity of presents which he makes in gingerbread.

The receipt even for making it is supposed to descend as an heir-loom from father to son, and is kept a secret beyond the family circle.

A similar practice exists in this country among the middle and lower orders, especially in holiday-time; for the smiles which are bestowed on the gay lover are often the results of the gifts to his mistress in gingerbread nuts, or "fairings;" the children also

run on these occasions to spend their last penny on a gingerbread horse, cock in breeches, or old man and woman. Shakspere gives a remark of a similar propensity in Act V., scene 1, of Love's Labour Lost: "An I had but one penny in the world, thou shouldst have it to buy gingerbread; hold! there is the very remuneration I had of thy master, thou halfpenny purse of wit, thou pigeon-egg of discretion!"

We have already seen that this bread was originally mixed with honey or sugar. I have already stated what those are made with honey; and I will give an old receipt, so as to convey an idea of that formerly made with sugar. "Take refined sugar, 6 lbs.; damask rose water, 3 pints, or enough to make a syrup of it, of the same consistence or thickness of treacle, which keep for use. Take ginger, coriander seed, caraway seed, of each, in fine powder, 2 oz.; fennel seed, aniseed, each, in fine powder, 1 oz.; cloves, in fine powder, 1 oz.; mix them well together in a mortar, which reserve. Take of the former syrup 1 quart, of the reserved powder 2 oz. (more or less, as you would have it to taste of the spice); fine wheat flour, 3 quarts, or so much as may make it up into a pretty stiff paste; roll it out into thin square cakes, and so bake it. This exceeds all other preparations of gingerbread whatsoever."

One particular characteristic of this bread is, that it cannot be fermented with yeast, as bread; and the means of gasefying it is of comparatively recent origin; the following extract will show the way it was prepared before this discovery: "Take 3 lbs. of treacle, ½ lb. of candied orange peel, ½ lb. of candied lemon peel, ½ lb. of green citron, 2 oz. of ginger in fine powder, 2 oz. of coriander seed, prepared and beaten, and as much fine flour as will make it into a paste; then make it up into cakes, and bake it in an indifferent hot oven." This was made for Charles the Second.

The first substance used to make it light was pearl

or potash; after this, alum was introduced so as to make it the sooner fit for the oven. The dough gets lighter by keeping, by the acid in the treacle acting on the potash, which, being an alkali, causes carbonic gas to be engendered; this process goes on very slowly; therefore, from the length of time which the dough has been made, results its lightness.

It has been found that the alum may be dispensed with without materially affecting the bread, but the potash cannot; experiments on this have shown that, if the usual ingredients for gingerbread be mixed together with the requisite quantity of alum, that the bread produced will be compact and hard like a piece of wood, neither does age make any improvement.

That prepared with potash, without the alum, by keeping, was the same as the ordinary gingerbread.

The same experiments were tried, leaving out the treacle, and substituting syrup; in each case it was close and heavy, without any degree of lightness whatever.

To further prove the action of the treacle on different alkalies, carbonate of magnesia and soda were used instead of potash; in each case the bread was light and spongy; and I always consider it of a brighter and better colour than the ordinary bread, and the dough is fit for the oven much sooner; *calcined magnesia* produced no effect. If carbonate of soda or magnesia, with a little tartaric acid, is substituted for the alum and potash, the dough will be ready for the oven from half an hour to an hour after it is mixed. Carbonate of potash and acid may be used.

Dr. Colquhoun gives a receipt to prepare it as follows:—"Take 1 lb. of flour, $\frac{1}{4}$ oz. of carbonate of magnesia, and $\frac{1}{8}$ oz. of tartaric acid; mix the flour and magnesia thoroughly first, then dissolve and add the acid; let the butter, treacle, and spices be added in the usual manner, melting the butter, and pouring it with the treacle and acid among the flour and magnesia. The whole must then be incorporated into a

mass of dough, by kneading, and then set aside for a period varying for half an hour to an hour; it will then be ready for the oven, and should not be delayed on any occasion longer than two or three hours before it is baked. When taken from the oven, it will prove a light, pleasant, and spongy bread, with no injurious ingredient in it. That, he says, "made with potash gives it a distinct disagreeable alkaline flavour, unless disguised with some aromatic ingredient, and it is likely to prove injurious to delicate persons."

It may be prepared in another way, by adding $1\frac{1}{4}$ oz. of subcarbonate of magnesia, with $4\frac{1}{2}$ lbs. of flour, using the usual quantity of butter, spices, and treacle; dissolve 6 drams of cream of tartar in water, and mix with the treacle and flour as before.

When the alkaline carbonates are used separately, add $\frac{1}{2}$ oz. of carbonate of magnesia or soda, apothecaries' weight, to 2 lbs. of flour.

For Thick Gingerbread.—To 7 lbs. of treacle, 3 oz. of potash, 1 oz. of volatile salt, and 2 oz. of alum or acid may be used. The colour of the gingerbread when baked, will be according to the quality of the treacle used; that now called *golden syrup* makes the lightest coloured and best.

TO PREPARE TREACLE FOR GINGERBREAD ACCORDING TO THE USUAL METHOD.

112 lbs. of the best green treacle or golden syrup, 2 lbs. of alum, 4 lbs. of American potash.

Put the alum into a saucepan with two quarts of water, set it over the fire, or put it in the oven to boil, *until it is dissolved;* if it is reduced too much by boiling, it will crystallize or form itself into lumps when poured on the treacle; therefore more hot water must be added to make it near the same quantity as before. In the mean time, while this is preparing, put the potash into a pan with two or three quarts of water to dissolve, stirring it occasionally; when the alum is

ready, pour it boiling hot on the treacle, and mix them together, then add the potash, and stir it well until the whole is incorporated.

Some persons prefer boiling the treacle previous to its being mixed; thus:—to every 7 lbs. of treacle add ½ pint of water, put it over the fire in a saucepan, and let it boil up, set it aside to get cold, and when cold, mix it as before directed; this is considered a very good method, but the articles made from it are more liable to be effected by the atmosphere; therefore it is necessary to keep them close in tin canisters.

As it is seldom required, except in wholesale houses, to mix a large quantity of treacle at one time, I will give the proportions.

To mix 7 lbs. of Treacle.—7 lbs. of treacle, 2 oz. of alum dissolved in ¼ pint of water, 4 oz. of potash dissolved in the same quantity. Mix as the other.

The following is frequently used as a preparation for gingerbread nuts; viz., 4 lbs. of treacle, 1 oz. of alum, 2 oz. of pearlash.

When the treacle is mixed, take a part of it, and make it into a soft dough; set this aside for use; in three or four days it will make good light bread or cakes, but it will be better in eight or ten days, when it is called old or light dough; the remaining part of the treacle is to be mixed with flour as it is wanted; this is called new dough. Treacle always improves in lightness with age, after it is mixed.

Thick Gingerbread.—4 lbs. of light dough, 2 lbs. of new dough, ½ lb. of butter, ½ lb. of sugar, 2 oz. of ginger, 2 oz. of mixed spice. To this mixture may be added, when the bread is required very good, orange, lemon, and citron peel, cut in small pieces, raisins, or Sultana raisins, and blanched sweet almonds, from ½ lb. to 1 lb. each. Or,

3 lbs. of flour, 4 oz. of butter, 4 oz. of sugar, 3 oz. of mixed spice, 1 oz. of caraway seeds; mix with prepared treacle, and let it remain for 4 or 5 days before it is made up.

For the first, mix the dough, butter, sugar, spices, and peel together until the whole is well incorporated, and make it a moderate stiffness with more flour if required; weigh it off into pieces varying from a pound to a pound and three quarters according to the size of the block or print, and its quality; the last weight is usual for a shilling cake of the second mixture, or the first without the almonds and raisins. Mould the pieces well, and form it into square lumps. Roll each out a little to suit the size of the block; print it, making the edges and corners straight and square, and prick eight or ten holes in the cake with the point of a knife, or piece of stick; take the cake off the block or print, and butter the edges with a brush dipped in melted butter. Prepare a tin with high edges by placing wooden upsets round the sides, rub these and the bottom of the tin well over with butter or lard, put the cakes on, taking care to keep them square and even, place weights so as to keep the upsets steady and close to the edge of the cakes; wash the tops over with water, and put them into the oven. Large cakes require three quarters of an hour to bake in a cool oven, and small ones less time, in proportion to their size, in a more brisk heat; be careful and not move or touch the cakes in the oven until they are nearly baked, or they will fall and become heavy; also keep the oven door shut as much as possible during the time they are baking; when they are done wash over the tops with a thin hot size made either of the best glue or from parchment cuttings, or with dissolved gum arabic, which will give them a gloss. Some persons like to see each cake "cut out;" in this case, the edges must not be buttered when put together on the tin before being baked.

Common Gingerbread, or Halfpenny Lumps.— Take plain gingerbread dough, mix in a few caraway seeds with it, and cut it from blocks having impressions about ½ inch deep, put them on tins, and bake them as thick gingerbread.

Spice Nuts.—3 lbs. of flour, 1 lb. of butter, 1 lb. of moist sugar, 4 oz. of candied peel cut small, 1 oz. of ginger, 2 oz. of allspice, ½ oz. of cinnamon, 1 oz. of caraway seeds, 3 lbs. of prepared treacle. Rub the butter in with the flour, and mix as other doughs. Or, take 3 lbs. of flour, 2 lbs. of sugar, 2 lbs. of treacle, 2 oz. of ginger, ¼ oz. of soda, 2 drams of acid. Mix the day before it is required to be baked.

12 lbs. of gingerbread dough, 3 lbs. of good moist sugar, 1 lb. of butter, 1½ lb. of preserved peel cut small, 4 oz. of ginger, 3 oz. of mixed spices.

Mix these ingredients well together; take a piece of it, and make it into a small long roll, cut it with a knife into bits about as large as a good size nutmeg, dust them with flour, and roll them in a sieve to make them round; lay them off on buttered tins about two inches apart, flatten them a little, wash the tops with milk, and bake in a cool oven; try a few of them first on a tin, and if these spread too much, add more flour to the remaining portion, and if they do not crack or open enough on the top, add more sugar; oftentimes, a little water added to the dough, especially if it is rather tight, will have the desired effect, but this much depends on the quality of the sugar and treacle used; always bear in mind that they "flow" or crack more on the top when several tins are baked together; therefore this should be taken into consideration before the remainder of the dough is altered.

Ginger Nuts.—The new way, as made by the large wholesale houses in the trade to supply the grocers.—7 lbs. of flour, 3 lbs. of good moist sugar, 1½ lb. of butter or lard, 4 oz. of ground ginger, 1 oz. of ground cassia, 1 dram of essence of lemon, ½ oz. of carbonate of soda, 3 drams of hydrochloric acid (specific gravity 1·17), 7 lbs. of golden syrup. These proportions make an excellent article, equal to any in the market.

No. 2.—28 lbs. of flour, 9 lbs. of moist sugar, 5 lbs. of butter, 1 lb. of ground ginger, 2 oz. of carbonate

of soda, 2 oz. of hydrochloric acid, ½ oz. essence of lemon, 28 lbs. of golden syrup. Mix.

No. 3.—15 lbs. of flour, 4½ lbs. of moist sugar, 2½ lbs. of butter, 1½ oz. of carbonate of soda, ½ oz. of cream of tartar, ½ oz. of hydrochloric acid, 8 oz. of ground ginger, 1 oz. of ground cassia, 2 drams of essence of lemon, 15 lb. of good treacle.

No. 4.—28 lbs. of flour, 28 lbs. of treacle. 6 lbs. of moist sugar, 3 lbs. of butter and lard, 2 oz. of soda, 2 oz. of hydrochloric acid.

These are all mixed in the same manner: first, the sugar and flour are to be mixed together and sifted through the flour sieve, the butter rubbed in, the spices added, and a bay made for the treacle; next bruise the carbonate of soda fine and put it in the middle of the bay, when it should be moistened with a little water to dissolve it, pour in the treacle, and after stirring in some of the flour, pour over the acid, mix well, and let the whole be rather a soft dough than otherwise, or they will be "bound."

Proceed as for spice nuts. Bake in a cool oven; they will take nearly half an hour to bake in an oven of the proper heat. By the hot water ovens, I found the best heat to be 300° Fahrenheit. The dough may be mixed the night before it is wanted, or earlier. When cold, take them from the tins and put them in canisters.

These nuts should appear close, rather compact, and of a glossy texture when broken.

This way of making ginger or spice nuts, is superior to the old method with "mixed treacle."

Grantham or White Gingerbread Nuts.—4 lbs. of flour, 2½ lbs. of loaf sugar, 4 oz. of butter, 1 oz. of volatile salt, 1 pint of milk, ½ oz. of ginger, ¼ oz. each of ground cinnamon, nutmegs, and mace, 6 oz. of orange and lemon peel cut small, ½ oz. of caraway seeds.

No. 2.—1¼ lb. of flour, 1¼ lb. of good moist sugar,

8 oz. of butter, ½ oz. of ground ginger, 1 nutmeg grated, few drops of essence of lemon, and ½ oz. of volatile salt.

These were originally made with ½ oz. of volatile, and ½ oz. of alum.

Rub the butter in with the flour, add the sugar in powder with the peel and spices, make a bay, and pour in the milk, in which the volatile salt should have been dissolved, and mix the whole into a moderately stiff paste; cut off a few first in the same manner as directed for Lemon biscuits, and bake them; if they do not crack sufficiently on the top, add a little more volatile; place them on tins slightly buttered, and bake in a middling oven. These are occasionally made with brown sugar instead of loaf.

Sweetmeat Nuts.—3 lbs. of flour, 1 lb. of butter, 2 lbs. of moist sugar; peel, spice, &c., as for the first mixture; mix and prepare as the others.

Or, 3 lbs. of flour, 1¼ lb. of butter, 1¼ lb. of moist sugar, 3 oz. of ground ginger, 1 oz. of allspice, ½ oz. of cinnamon, 3 oz. of preserved peel cut small; mix together, and make into a dough with treacle, as the others.

Laughing or Fun Nuts.—1 lb. of gingerbread dough, 3 oz. of butter, 3 oz. of sugar, 1 oz. of cayenne pepper.

Common Nuts.—To each pound of dough add about 2 oz. each of butter and sugar, and a little volatile salt pounded fine; put a piece of almond in the middle of each, and bake in a slow oven.

Cobb Nuts, Doll Nuts.—To each pound of gingerbread dough add 1 oz. of butter, and the same of moist sugar (the last is optional, being seldom used); make them into nuts as the other, flatten them, and wash the tops with water; bake in a slow oven. These nuts are made very small, or about as large as two peas.

Hunting Cakes.—6 lbs. of light dough, 1 lb. of

moist sugar, ½ lb. of butter, 4 oz. of allspice, 3 oz. of the best ginger, 1 oz. of cassia and nutmeg, 1 lb. of preserved peel cut in small pieces.

Mix the whole together, make 14 or 16 cakes out of 1 lb. of dough, mould them round, and roll them out into rolls about three inches long, lay them on buttered tins about three inches asunder, flatten the middle of the cake a little, wash the tops with milk, and lay on a long thin slice of peel; bake them in a cool oven.

Ginger Cakes.—Take the same mixture as for the last, leaving out the peel and spices, with the exeeption of the ginger; or use the following:

2½ lbs. of flour, ½ lb. of butter, 1 lb. of moist sugar, 2 oz. of ginger.

Rub the butter in with the flour, and make the whole into a paste with prepared treacle; make them in the same form as the last, or into round flat cakes as for white ginger cakes, wash the top with milk, lay a slice of peel on each, and bake in a cool oven.

Orange Gingerbread.—4 lbs. of flour, 1¾ lb. of sugar, 1½ lb. of butter, ¼ lb. of mixed spice, ¼ lb. of ginger, 1 lb. of orange-peel eut small, 3½ lbs. of raw treacle, 1 oz. of carbonate of soda. Or,

3½ lbs. of mixed treacle, 12 oz. of butter, 12 oz. of sugar, ½ lb. of orange-peel, 2 oz. of ginger, 2 oz. of allspice, and flour sufficient to make the whole into a moderately stiff paste.

2 lbs. of flour, 1 lb. of butter, 1 lb. of moist sugar, ½ lb. of orange peel, 1 lb. of raw treacle, 1 lb. of mixed treacle, with spice as the previous ones.

Rub the butter in with the flour, and mix the whole into a paste; make it into rolls, and flatten it; let it be about an inch and a half wide and half an inch thick; with a knife mark the top into diamonds, and divide it into lengths of two or three inches; this depends on its quality; or it may be divided into lengths after it is baked; place on buttered tins about an inch apart, and bake in a cool oven.

Queen's or Honey Gingerbread.—3 lbs. of flour, $1\frac{3}{4}$ lb. of moist sugar, $\frac{1}{2}$ lb. of preserved orange-peel, $\frac{1}{2}$ lb. of lemon-peel, $\frac{1}{2}$ lb. of sweet almonds blanched, the peel and almonds cut into small thin slices, the yellow rinds of 2 lemons grated off, 1 oz. of cinnamon, $\frac{1}{4}$ oz. each of cardamoms, cloves, nutmegs, and mace, in fine powder, 2 lbs. of honey, and a wineglass of water.

Put the honey and water into a saucepan over the fire, and make it nearly boiling hot; mix the flour, spices, &c., together, make a hay, pour in the honey whilst hot, and make the whole into a moderately stiff paste, and let it stand until the next day; it may be made light with volatile salt, carbonate of soda, or potash; roll it into a sheet about a quarter of an inch thick, and put it on a buttered tin. Bake in a moderate oven. In the mean time, boil about half a pint of clarified loaf sugar to the blow, and with a stiff brush rub this over the surface as soon as it is taken out of the oven, so as to grain it, and make it look white; cut it with a knife whilst warm, into pieces about the size of a playing-card. This is frequently made of inferior quality by using common spice, and omitting the almonds and peel.

German Gingerbread.—This is the same as the last, with the exception that flour is strewed over the tin for the paste to be baked on.

Honeycomb, or Roll Gingerbread.—1 lb. of flour, 1 lb. of good moist sugar, $\frac{1}{2}$ lb. of butter, 1 oz. of ground ginger, the yellow rind of 2 lemons grated off, some also add the juice.

Rub the butter in with the flour, add the sugar, and mix the whole into a soft paste with raw treacle thin enough to be dropped on tins, which should be well buttered; let each cake be four or five inches asunder, as they spread very much; bake them in rather a cool oven. These may either be made small for nuts, or into large cakes, when they are rolled round a

small stiek whilst warm. These should be kept quite close in a tin canister, in a dry warm plaee.

Italian Jumbles, or Brandy Snaps.—6 lbs. of flour, 7 lbs. of good rich sugar, 1¼ lb. of butter or lard, 2 oz. of ginger or allspice, 6 lbs. of raw trcacle.

Rub the butter in with the flour, mix in the sugar and spice ; make a bay, pour in the treacle, and make the whole into a moderately stiff paste ; this improves by keeping. Roll it out into shccts rather more than the eighth of an ineh in thickness ; cut them out with a spice cake cutter (a plain round cutter three inches and an eighth in diameter) ; put them on tins well buttercd, about three inches asunder ; wash the tops with water, and bake them in a cool oven. They will be found to be baked enough, if, on pressing the cake in the eentre with the top of your finger, it will rise up again. When they are baked and a little eool, eut them from the tins, by passing a thin knife under them ; turn them, whilst warm, in the form of a cone, the same as the groeers make up their sugar papers, or turn them round a stick as the last. If they should get too eold to turn, put them again into the oven to warm.

Brandy Snaps are the same as these, without being turned. The dough is best made up a week or fortnight beforc it is required to be used.

Lemon Cakes.—Take a small earthen pan, and fill it half full with prepared treacle ; add half a tea-cupfull of water, and make it into a soft batter with flour ; have your little pans well buttered, fill them, and bake in a moderate oven ; if the first lot baked do not "stand up" enough, add a little more flour to the other part ; and if they are too mueh bound, add more treacle. When they are baked, take them out of the pans, place them on clean tins, and put them into the drying-stove or proving oven for 4 or 5 hours ; when they will be quite crisp and hard. Some persons add a small portion of butter or lard, with a little spiee

and caraway seeds, but it is not general. They were originally flavoured with essence of lemon, from whence they derive their name.

Parliament Cakes.—Mix prepared treacle and flour together into a moderately stiff dough; some add a little butter to the flour. Roll it out into thin sheets on an even board, and cut it out with a square scolloped cutter; place them on buttered tins, nearly touching each other; brush off the flour, and wash the tops with clean water, which should be suffered to get dry before they are put into the oven, or the cakes will be liable to blister during the time they are baking; bake them in a cool oven. Whilst they are hot, put them together in piles, and press them with a flat board, which will make them smooth and even.

Spice Cakes, Star Cakes, Brown Eights, &c.—The whole of these common articles, termed "sheeting goods," are made from plain gingerbread dough, rolled into thin sheets, and cut out with tin cutters to the required size; place them on buttered tins, nearly touching each other, or about half an inch asunder; wash the tops with water, and bake them in a cool oven. Use for these goods one half light dough, and the other new; some prefer making them from all old dough, but this must depend on its age and lightness.

Brown Toys.—Mix flour and prepared treacle into a moderately stiff paste, cut them out from impressions carved in wood, termed "toy blocks," in the same manner as directed for rout biscuits; lay them on buttered tins, about half an inch asunder; wash the tops lightly with water, and bake them in a moderate oven; as soon as they are baked, wash the tops over with hot size, as for thick gingerbread.

These form the principal attraction of a gingerbread stall at a fair, especially the large ones, which are covered with Dutch gold leaf; the surface being moistened, causes the leaf to adhere to it; considerable dexterity and practice are required to make these quick and well.

Note.—For cakes or gingerbread of any kind that require the "tops to be washed over" before they are baked, the tins on which the cakes are to be placed, should be spinkled with water before they are put on, to prevent their sliding about, and getting out of their places.

SECTION VII.—BUNS AND CAKES.

REMARKS.

The introduction and general use of Dutch yeast in the metropolis, has made a great alteration and improvement in the making of these articles. The crust of the bun is softer than when prepared with any other sort of yeast; fermentation is produced much quicker by it, and even in one half the usual time. It is managed by the same process as directed for small beer or brewer's yeast, and there is no danger of the buns or cakes being bitter.

In the manufacture of buns or cakes, observe that more yeast must be added, in proportion as the mixture is "richer" than plain bread or roll dough. The extra ingredients which may be added to the flour, require more to raise it and make it light, particularly butter, as anything of the nature of fat or grease hinders fermentation; therefore more is required to counteract it; *a little sugar accelerates it.* The fermentive property of all grain or roots depends on its presence; where this is absent, no fermentation can take place. It appears that the cause is owing to a decomposition of the water, a great part of its oxygen attacking the carbon of the sugar, burns it, and converts it into carbonic acid gas; at the same time, the hydrogen of the water attacks the sugar divested of its carbon, and, combining with it, gives birth to alcohol. An excess of sugar hinders fermentation, as it acts as a preservative, unless it is acted on with more yeast and mixed with other substances.

Yeast that will produce good bread, will not make good buns, and *contra;* this is frequently occasioned

by the bitter quality of strong beer yeast, when sufficient cannot be added to meet the exigencies of the case without imparting to it a disagreeable bitter flavour, small beer (or Dutch, commonly called German) yeast may be used more in excess, especially the latter, care being taken not to use too much to make them "rank;" that is, too light: two ounces of this when fresh are sufficient for a quart of milk when made into buns of the usual quality. When no butter or sugar is added, one half of this quantity will be enough; observe, in summer time rather more should be used, as it is then frequently out of condition; the same should be done when it is rather stale.

With small beer yeast, much will depend on its quality, which varies very materially; in general, about half a pint will serve for the quantity here named, but experience alone can determine it with exactness. Yeast that is so bitter as to render it unfit for use, should be "washed." This is done by pouring on it a quantity of clean cold water in a pan or pail, and then letting it settle; the yeast will fall to the bottom, and the water is to be then poured off, and, if required, treated a second or third time in the same manner, when it is considered fit for use.

Patent Yeast Ferment for Buns, Bread, &c.— Boil 8 lbs. of good mealy potatoes, and reduce them to a pulp in a pan or pail, by pounding them with a rolling pin; when this is cooled to about 80 or 90° of Fahrenheit's thermometer, add a double handfull of flour, 2 quarts of patent yeast, and ½ lb. of moist sugar; mix the whole together, strain it through a colander, and set it in a warm place to work, keeping it covered with a sack or cloth for a day; it will be then fit for use: this will keep good in a cool place for a week or ten days. To each pint of this yeast add a pint of warm milk, and make it into a dough with the ingredients for buns (pages 99, 100) the night before it is required for use on the following morning.

Care should be taken that the water or milk is not so hot as to scald the yeast, as that would render them quite heavy; the same observation holds good with respect to the flour, for if that is scalded the same effect is produced, although the yeast may not be so; for the gluten of the flour is injured by it, and the starch is converted into a jelly, so that the "life" of the flour, as it is termed, no longer exists with it, and the yeast remains almost inactive. The gluten has not the power to expand itself and receive the fixed air resulting from the gasefication, the surface of the dough will appear in bladders or bubbles, and it otherwise looks greasy and flabby, having a heavy feel, similar to glaziers' putty.

In "seasoning" milk for BUNS WITH SMALL BEER YEAST, when it has not been previously washed, I usually add as much as will impart to it a slight taste of the yeast. The buns, even then, if they should be rather heavy, will at all times sell much better than if they are bitter; therefore, of two evils, if one must be, by this precaution I choose the least. From a quarter to half a pint of good small beer yeast will be required for each quart of milk.

Observe.—A quart of milk, when made into a dough for buns with Dutch yeast, will take about 4 or 4¼ lbs. of flour in the whole; and for small beer yeast, with the addition of half a pint of it, will take about 5 lbs. of flour: with these rules and remarks, it will be unnecessary to mention anything relating to it again under the various receipts.

To Keep German Yeast.—This yeast is so universally used in the metropolis, as well as other places, that a few words will be necessary on this head.

1st. Care should be taken that it is not thrown down, or in anywise bruised by falls, or it will be spoiled in consequence.

2nd. When the yeast is delivered in a dry state, it should be then kept in a cool damp place; if in a damp condition, in a dry cool place.

3rd. In summer time, this yeast can with difficulty be kept in a good condition, but may for a longer period than otherwise, by putting it into cold water (say 1 lb. of yeast to a quart of water), and standing it in as cool a place as possible.

Use it with the water, in the same proportion as otherwise; with the quantity just given half a pint will be equal to a quarter of a pound of dry yest.

4th. Endeavour to get the parcels of yeast you require in square pieces; those made into round balls are generally mixed with stale yeast.

This yeast is imported from Holland twice a week, and is obtained from the wort, after being fermented for the Hollands gin.

Plain Buns.—½ lb. of butter, ½ lb. of moist sugar, 1 quart of milk. Or,

12 oz. of butter, 12 oz. of sugar, 3 eggs, 1 quart of milk, and sufficient flour to make a dough. Some prefer the addition of spice, in which case, take of caraway, coriander, cassia, and allspice, mixed in equal portions and ground, ½ oz.; less allspice and caraway are preferred by some, so as not to give the buns so dark a colour.

Warm the milk to about 70 or 80 deg. Fahrenheit's thermometer; add the yeast with *a part* or the whole of the sugar, and about six ounces of flour, or sufficient to make it a weak sponge; mix it well together, and put it in a warm place to rise or ferment; when ready, a head will be formed on the top, which will be quite flat, leaving a mark round the side of the pan or tub, to the height where it has risen and again fallen. If you see a white foam coming through the head or surface of what has formed on the top of the ferment, it has not acquired the proper degree of fermentation, as it will rise higher and fall, leaving a mark, as already stated. I am always very exact on this point, as I find by experience that the other process is considerably retarded when the first fermenta-

tion is not complete, I mean if used before the ferment begins to fall, although many deny this; but I have repeatedly proved it to be the case. Let the dough have time to lay and recover itself, the ferment may then be taken when it has a fine cauliflower head, but not before.

Rub the butter in with about 4 lbs. of flour to each quart (in winter it may be melted to an oil, but it must not be made scalding hot), make a bay with the flour, pour it in with the ferment; add the remaining portion of the sugar and the spice; mix the whole into rather a soft mellow dough, cover it with a cloth, and let it prove. When it is ready, weigh it in pieces of one pound two ounces each, and make six or seven penny buns out of each piece, or weigh four ounces and a half or five ounces of dough for two buns; mould them up lightly under the hands, and place them about four inches asunder, on warm tins, slightly rubbed over with butter.

When a tin is full, put it at once into the proving oven, or a close closet, similar to a cupboard, having racks or bars of wood about four inches asunder, fixed in at the back, on which the tins rest. This "proving closet" is much superior to a proving oven in point of utility and convenience. It should have two sliding shutters or doors in front, the same as a window-sash, the one made to slide up, and the other down; the buns are proved in it by steam. I have seen these closets occasionally with a small *crock* or iron pot fixed at the bottom, or by the side, with a fire-place underneath to heat the water and make it boil; a cover or cap is put on, having a small pipe in the centre; and if it is outside, the pipe is bent, so as to convey the steam to the bottom of the closet; an old tin is placed next to this, that it may be more equally diffused, and also to prevent too great a heat injuring the articles which may be placed near it; the steam may be regulated at pleasure, by taking off the cap

or hood in one ease, and by lessening the fire in the other. A more rude and simple contrivanee for heating and steaming the eloset is often resorted to, which eonsists in heating several large pieees or old bars of iron red hot, in the oven fire; these are plaeed in the bottom, and water is thrown over them, which eauses a steam.

Another method, in eommon use in London, for proving buns and eakes, is, to plaee stieks aeross the dough trough at the distanee of about four inehes one above the other for the tins to rest on. In the eentre is put a tub or pail, with a *little* water in it; into this some red-hot pieees of iron or briek are thrown, which ereate a steam; the lid is then shut elose, to eonfine it and keep in the heat. Where bread is baked, some loaves are plaeed over the bottom of the trough, as soon as they are taken from the oven; this answers the purpose admirably, and in this ease the irons and water are not required.

When they are put into a proving oven to prove, water should be first thrown on the sides and bottom; these preeautions of ereating a steam and exeluding the air are, to prevent the tops of the eakes or buns drying, and to keep up the temperature, which should be about 100 or 110 degrees of Fahrenheit's thermometer, otherwise the surfaee of the buns or eakes would get hard by forming a erust, which would eraek, spoil their appearance, and prevent their expanding to the required size.

Too mueh steam and heat will also eause them to run and beeome flat, neither will they have a bold round appearanee; their edges will be sharp and thin, the same as a heavy bun, and the surface will often appear ragged and broken; there should be just enough steam to keep the surfaee moist, and heat sufficient to raise them, without their being dried or hardened.

The heat should be gradual, at first, so as not to

"force" them too much in the commencement, but it may be raised towards the end if they are required in a hurry.

If steam is not applied, the tops must be occasionally washed over with milk or water.

When they are sufficiently proved, bake them in a hot oven; as soon as they have a good bottom, they are done; take them out and brush over the tops with egg and milk, or water, mixed together, in the proportion of two eggs to a half pint, which will give them a gloss.

Currant Buns.—To either of the mixtures for plain buns, add 1½ lb. or 2 lbs. of currants with a ½ lb. or 6 oz. of preserved orange and lemon peel cut in small thin bits, mould them up round under your hands, about the same size as the others; either cut them round the edge with a knife, or put them on the tins quite plain; prove and bake as the last. If they are required very rich, the following mixture may be used.

Rich Currant Buns.—1 lb. of butter, 1 lb. of moist sugar, 4 or 5 lbs. of clean washed and picked currants, ½ lb. of candied peel cut small, and ½ oz. of mixed spice, 1 quart of milk, with flour sufficient to make the whole into a dough, as before directed; make 8 penny buns out of 1 lb. of dough.

Good Currant Buns.—4 lbs. of flour, 12 oz. of butter, 12 oz. of sugar, 1¼ lb. of currants, 3 caps of lemon and orange peel, 3 small cupfulls of small beer or well washed strong beer yeast, or 2 oz. of German yeast, and sufficient warm milk for the sponge and dough; about a quart in the whole.

Balmoral Cakes.—3½ lbs. of flour, 1 lb. of butter, 1 lb. of sugar, 5 eggs, nearly a quart of milk, a few caraway seeds, with 1½ oz. of carbonate of soda and tartaric acid, mixed in the proportion of 1 oz. of soda to ¾ oz. of acid.

Mix the soda and acid well with the flour, then

rub in the butter and sugar; make a bay with the flour, add the seeds, beat up the eggs with the milk, and make the whole into a dough. Put into buttered pans, according to the size, dust with powdered loaf sugar, and bake in a moderate oven.

Balloon or Prussian Cakes.—Take currant bun dough and make it into a round flat cake of any required size, and place it on a buttered tin. When it is about half proved, divide it equally into any number of parts with a long flat piece of wood having a thin graduated edge, and place it again to prove; when it is proved enough, brush over the top lightly with the white of an egg whisked to a strong froth; dust it with finely powdered loaf sugar, and sprinkle it with water just sufficient to moisten the sugar. Bake it in rather a cool oven, to prevent the icing getting too much coloured.

Chelsea Buns.—Take plain bun dough, or, if they are for common ones, bread dough, roll it out in a sheet, break some firm butter in small bits, and place over it, fold it up, and roll it out as you would paste; after you have given it two or three turns, moisten the surface of the dough, and strew over it some moist sugar, roll up the sheet into a roll and cut it in slices, or cut the dough in strips of the required size, and turn them round, place them on a buttered tin that has edges, about ½ inch from each other; prove them well, and bake in a moderate oven. You may dust the tops with loaf sugar either before or after they are baked. The quantity of ingredients used must be regulated according to the richness the buns are required; ½ lb. of butter, and the same quantity of sugar, with 4 lbs. of dough, will make a good bun. When bun dough is used, half this quantity of sugar will be sufficient, and some omit it altogether.

Another.—2½ quarterns of bread dough, 1 lb. of butter, and 1 lb. of sugar; or, 6 oz of butter and

6 oz. of sugar to each quartern of bread dough, and proceed as before.

Cross Buns.—Take 8 quarts of warm milk, and set a sponge, with 4 lbs. of moist sugar, and sufficient yeast and flour; when the sponge has risen and fallen, add 4 quarts of warm water, and either 2 or 4 lbs. more sugar, and 4 or 6 oz. of mixed spice. In the mean time, rub 6 or 8 lbs. of butter into some flour, and mix the whole into a nice mellow dough. When it has laid about half an hour, make it into buns as directed for plain ones, and place them on warm tins. As soon as they are half proved, cross them with a cross made of tin, with the sides forming two sides of a triangle, which is fixed into a round plate with a handle on the top; this is much better than those made with two straight pieces crossed. The cross should be about two inches and three quarters long, that it may not separate the buns at the edges; give it a twist, so as to open and completely divide them in the centre. Wash them with milk, and finish proving them; bake them in a hot oven, and wash over the tops again when they are done, with egg and milk. If you have not convenience to make a batch of this size, make two or three parts the quantity, as it is always better to make two small batches than let the dough lie and get cold, which hinders time, and they are not then so good. Some of the batches will require to have currants in them; in this case, add from 10 to 14 lbs. of currants to this quantity.

Bath Buns.—1 lb. of flour, 8 oz. of butter, 8 oz. of loaf sugar, 4 eggs, a little warm milk, 1 oz. of Dutch yeast, or $\frac{1}{2}$ or $\frac{3}{4}$ of a tea-cupfull of small beer yeast, some citron peel cut small, and $\frac{1}{2}$ a nutmeg grated; this will make fourteen twopenny buns.

Or, 2 lbs. of flour, $\frac{3}{4}$ lb. of butter, $\frac{3}{4}$ lb. of loaf sugar, 6 or 8 eggs, a little milk, candied peel, and yeast.

Rub the butter in with the flour, make a hay, and

break in the eggs, add the yeast, with sufficient milk to make the whole into a dough of moderate consistence, and put it in a warm place to prove; when it has risen enough, mix in the peel, a little essence of lemon, and the sugar, which should be in small knobs about the size of peas; this is done best by chopping it with a knife, which will make the dough jagged or ragged; then with a knife or spoon divide it into pieces for buns, and put them on a clean tin, not buttered, about four inches asunder; let the surface be rough and uneven; the tops may be washed with egg and dusted with loaf sugar; put a few caraway comfits on the top of each, prove them in a gentle heat, but not so much as you would buns, and bake them in a moderately warm oven; when they are about half done, put a tin or two under them, to prevent the bottoms being burnt.

Sally Luns—Yorkshire or Tea Cakes.—1 quart of milk, ½ lb. of butter, ¼ lb. of loaf sugar, and flour.

Or, 1 quart of milk, 1 lb. of butter, ¼ lb. of sugar, with flour sufficient to make the whole into a dough.

Ferment and make into a dough as for buns, butter some rings or hoops, and place them on buttered tins; weigh each twopenny cake, either five or six ounces, mould them up round, put them in the hoops, and flatten them a little with your hand. When they are about half or three parts proof make a hole in the middle of each with a stout piece of wire or stick; finish proving them, but do not let them be too much proved, as they will then eat poor and dry. Bake them in a moderately brisk oven; when they are done, which will be in about ten or fifteen minutes, take off the hoops, and brush the tops over with egg and milk as for buns.

Tea cakes are made nearly the same, the difference being that they are rolled out flatter, and are not put into hoops. These do not require quite so much proof as the Sally Luns.

Milk Rolls, formerly known as Queen's Breakfast Rolls.—1 pint of milk, 5 or 6 eggs. Or,

1 pint of milk, ½ pint of eggs, a little salt, 6 oz. of butter, and ¾ oz. of Dutch yeast.

Ferment and make into a dough as for buns; when the dough is proved enough, weigh it in pieces of six ounces and a half for twopence; mould them round, and place them on boards or trays dusted with flour about four inches asunder, that they may not touch each other; prove them nicely, but not too much; put five or six of them on a large biscuit peel, and keep them separate, cut each about half-way through the centre with a sharp thin knife, and bake them in rather a quick oven on the bottom. When they are done brush off the flour from the bottoms, and wash over the tops with egg and milk as for buns, or with clarified butter. The Queen's rolls are made about the size of a halfpenny bun, and placed on buttered tins so as they may just touch each other when proved.

Saffron Buns.—Take the same mixture as for plain buns without the spice, add 1 oz. of caraway seeds, and colour it with saffron, mould them round, and put them on the tins so as not to touch; when they are near proof, wash the tops with eggs and milk, and dust them with loaf sugar, put them in the oven to finish proving and bake them in a moderately hot oven.

Cinnamon Buns.—Make as the last, leaving out the seeds and saffron, using instead sufficient ground cinnamon to flavour them.

Jubilee Buns.—2 lbs. of flour, ¾ lb. of loaf sugar, ¾ lb. of butter, 4 eggs, ½ oz. of volatile salt.

Rub the butter in with the flour, make a hay, and add the sugar; pound the salt in a little milk, and pour it in; break the eggs, and mix all together into a dough. Make six buns out of a pound of dough; mould them round; wash the top with egg, put a

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